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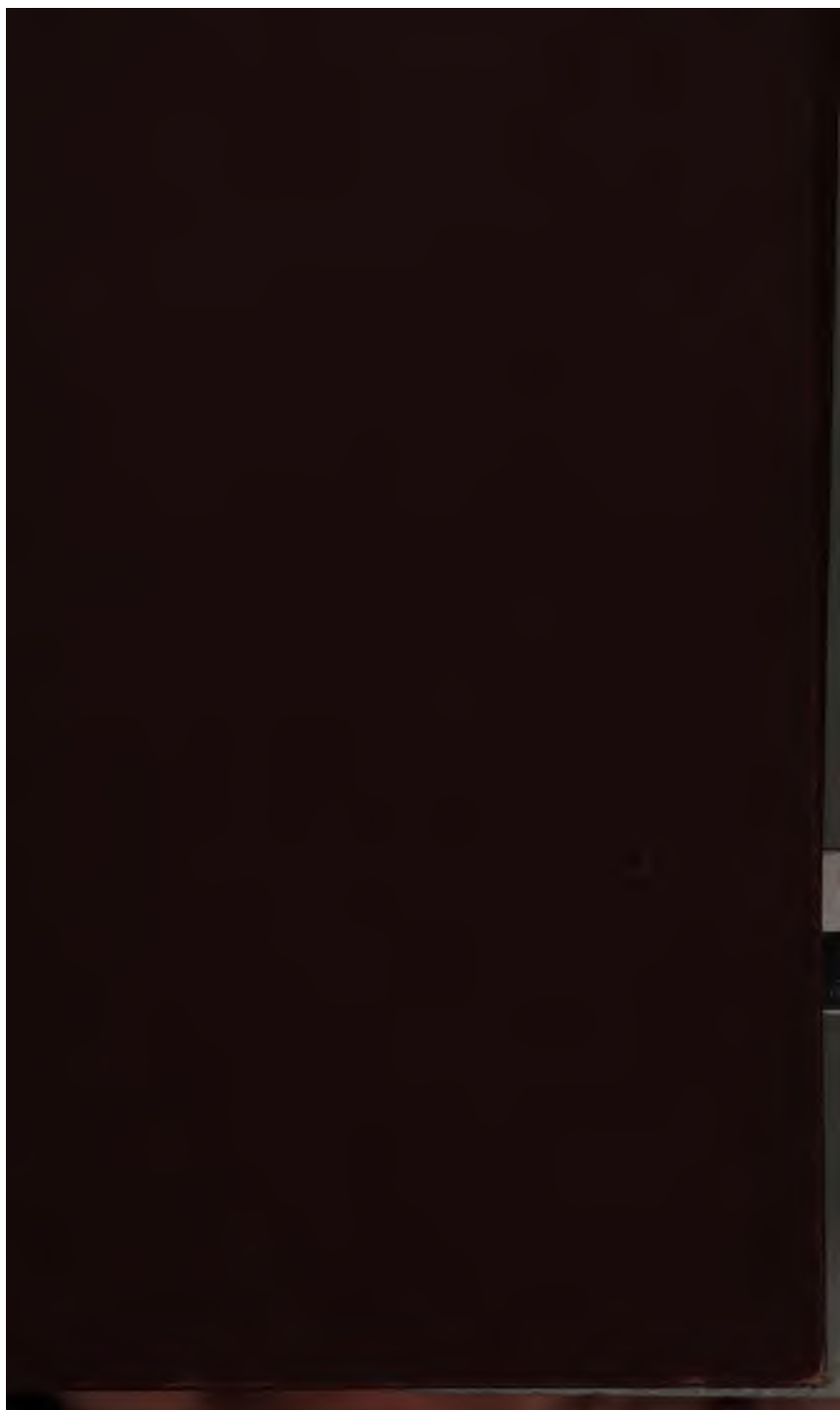
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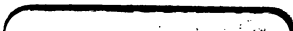
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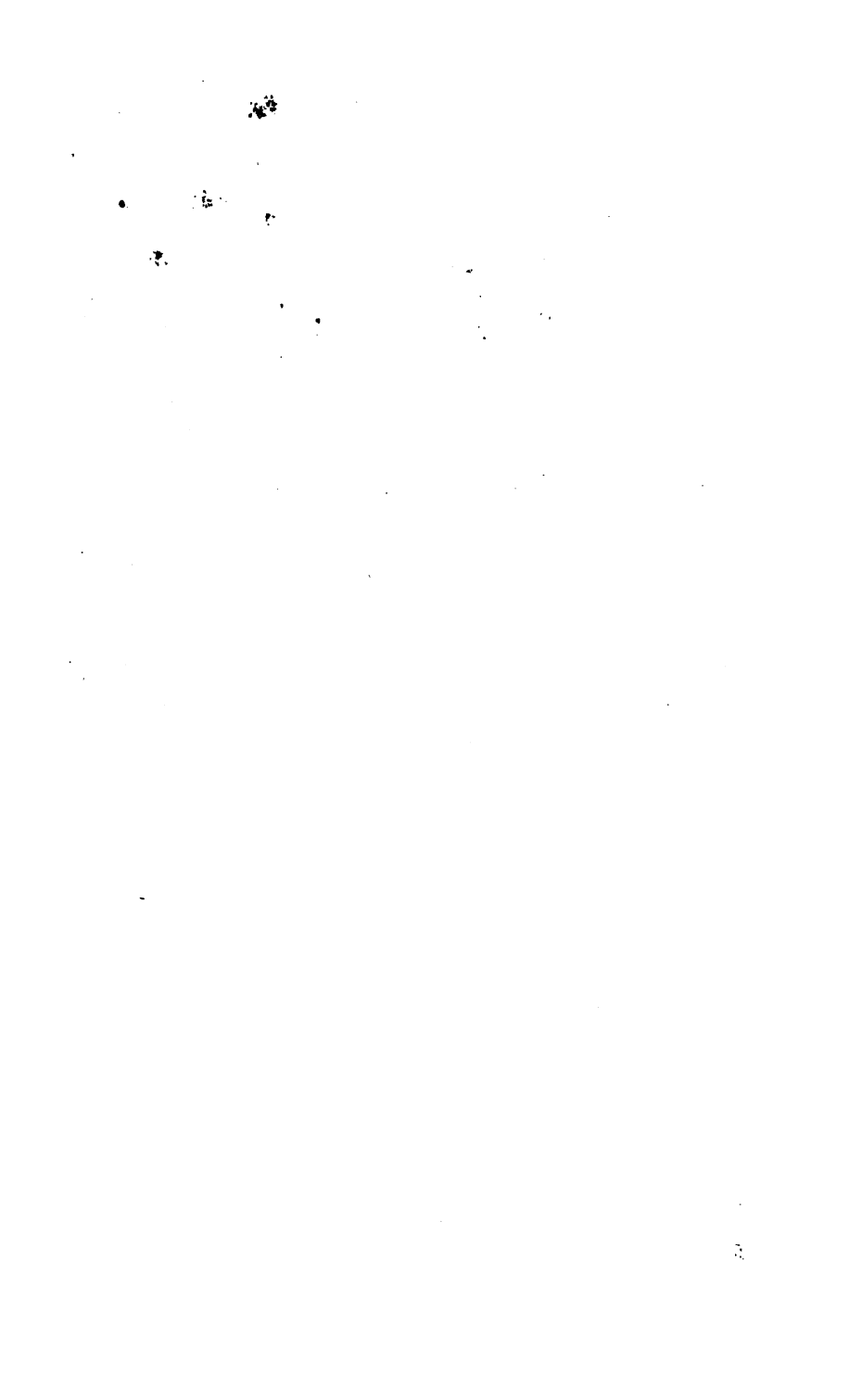


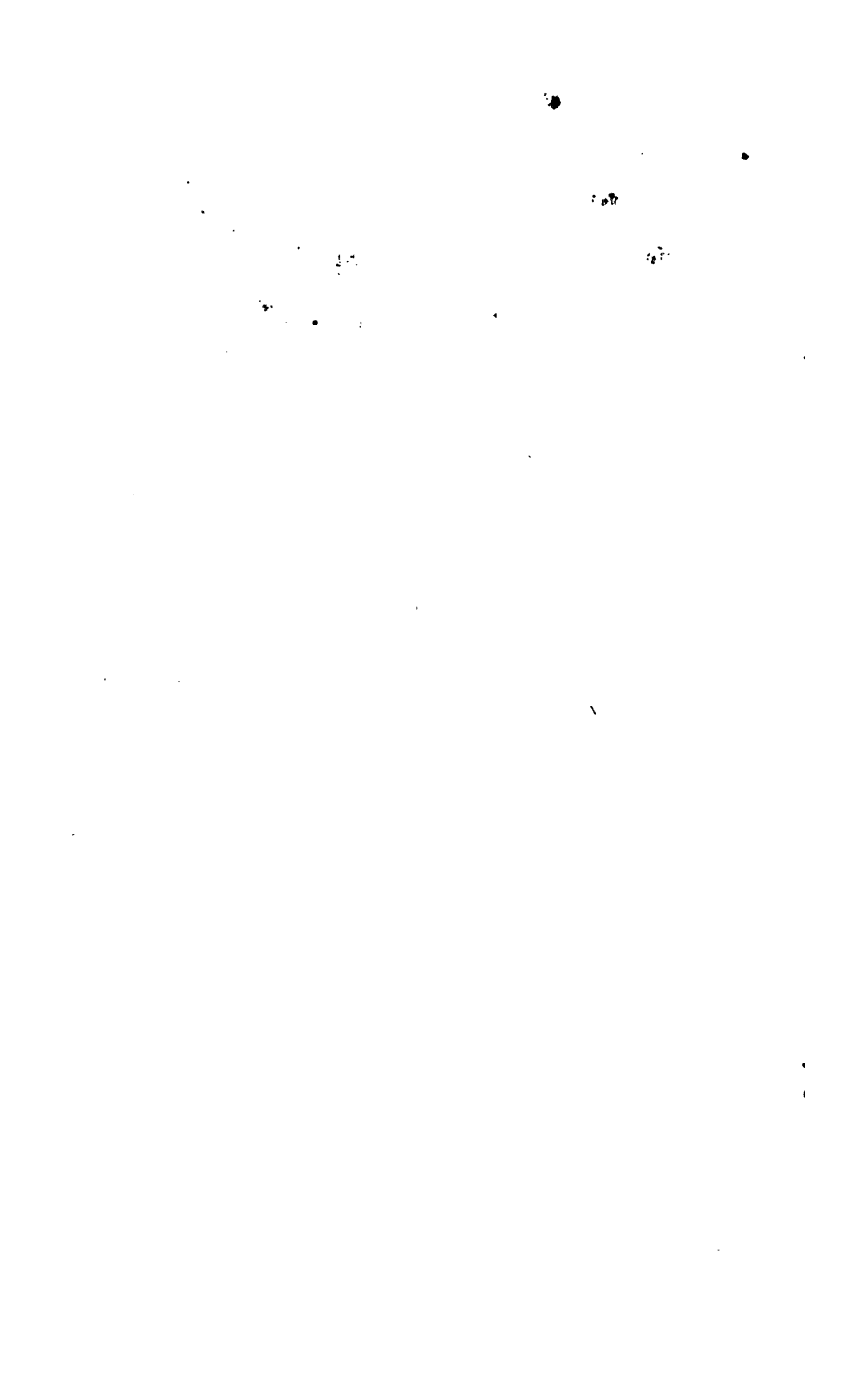


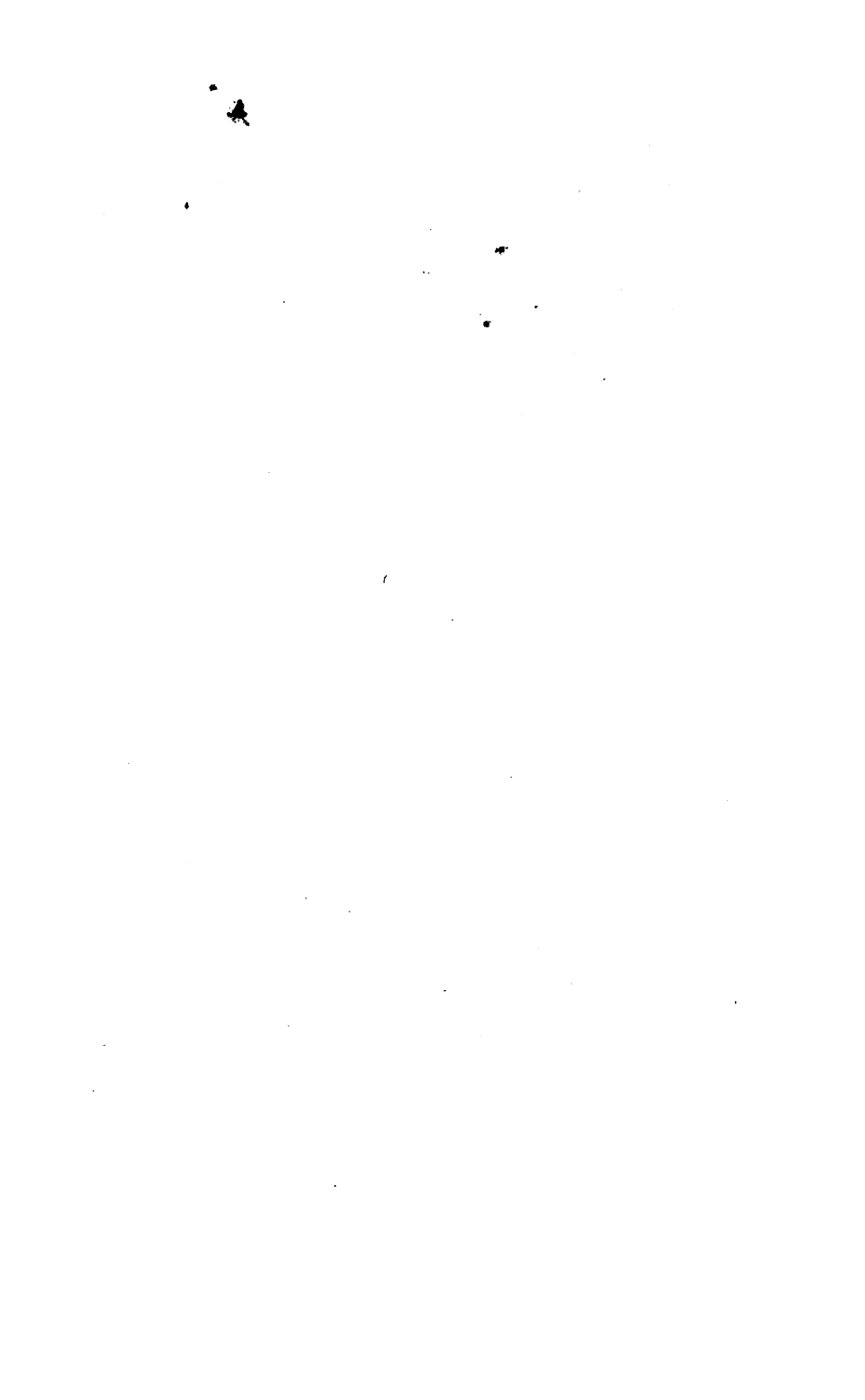
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Part III.

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OF
HOUSEHOLD
MANAGEMENT

EDITED BY
M^{RS} ISABELLA BEETON.

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BY MRS. ISABELLA BEETON.

Nothing lovelier can be found
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PREFACE.

I MUST frankly own, that if I had known, beforehand, that this book would have cost me the labour which it has, I should never have been courageous enough to commence it. What moved me, in the first instance, to attempt a work like this, was the discomfort and suffering which I had seen brought upon men and women by household mismanagement. I have always thought that there is no more fruitful source of family discontent than a housewife's badly-cooked dinners and untidy ways. Men are now so well served out of doors,—at their clubs, well-ordered taverns, and dining-houses, that in order to compete with the attractions of these places, a mistress must be thoroughly acquainted with the theory and practice of cookery, as well as be perfectly conversant with all the other arts of making and keeping a comfortable home.

In this book I have attempted to give, under the chapters devoted to cookery, an intelligible arrangement to every recipe, a list of the *ingredients*, a plain statement of the *mode* of preparing each dish, and a careful estimate of its *cost*, the *number of people* for whom it is *sufficient*, and the time when it is *seasonable*. For the matter of the recipes, I am indebted, in some measure, to many correspondents of the "Englishwoman's Domestic Magazine," who have obligingly placed at my disposal their formulæ for many original preparations. A large private circle has also rendered me considerable service. A diligent study of the works of the best modern writers on cookery was also necessary to the faithful fulfilment of my task. Friends in England, Scotland, Ireland, France, and Germany, have also very materially aided me. I have paid great attention to those recipes which come under the head of "COLD MEAT COOKERY." But in the department belonging to the Cook I have striven, too, to make my work something more than a Cookery Book, and have, therefore, on the

best authority that I could obtain, given an account of the natural history of the animals and vegetables which we use as food. I have followed the animal from his birth to his appearance on the table; have described the manner of feeding him, and of slaying him, the position of his various joints, and, after giving the recipes, have described the modes of carving Meat, Poultry, and Game. Skilful artists have designed the numerous drawings which appear in this work, and which illustrate, better than any description, many important and interesting items. The coloured plates are a novelty not without value.

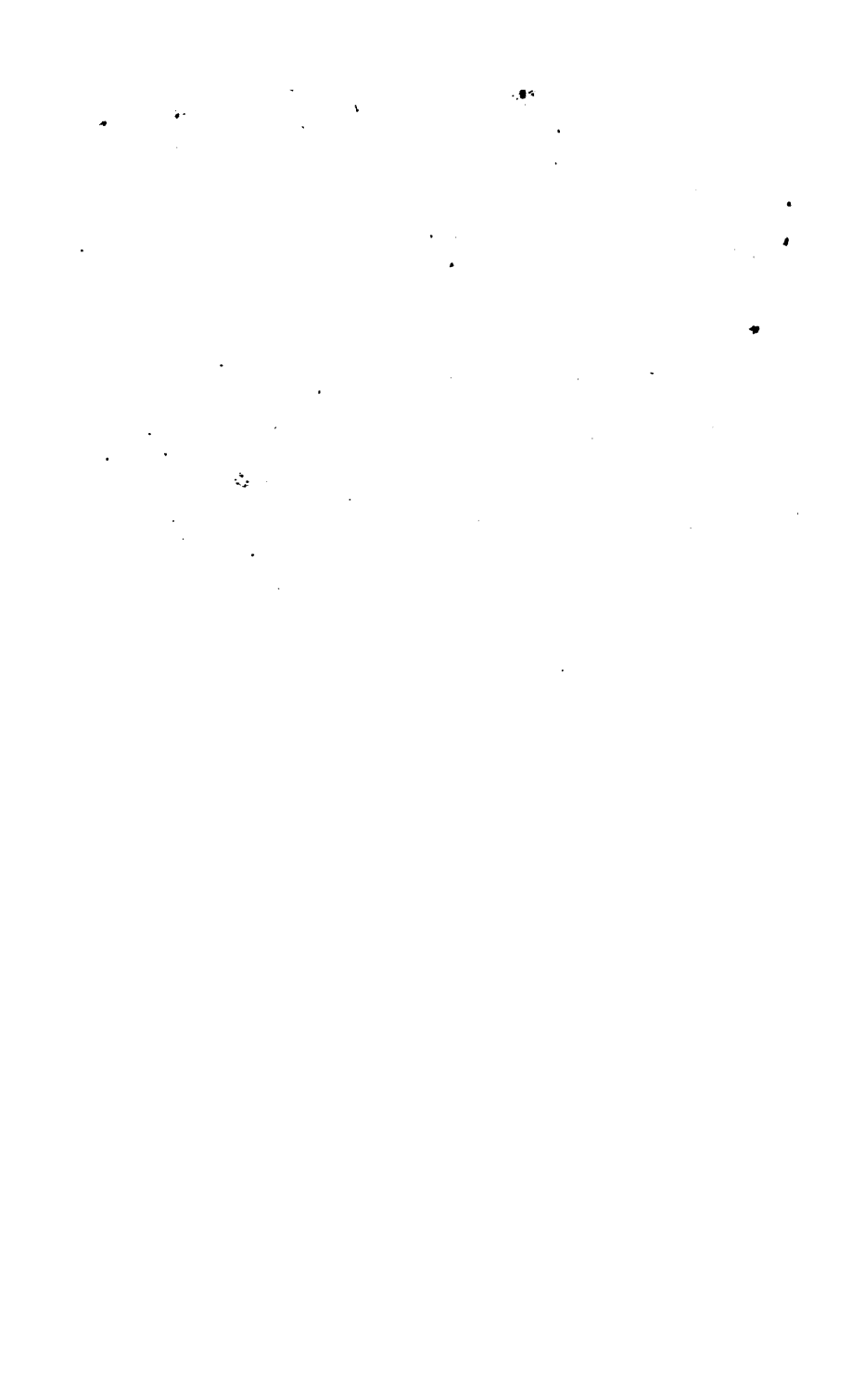
Besides the great portion of the book which has especial reference to the cook's department, there are chapters devoted to those of the other servants of the household, who have all, I trust, their duties clearly assigned to them.

Towards the end of the work will be found valuable chapters on the "Management of Children"—"The Doctor," the latter principally referring to accidents and emergencies, some of which are certain to occur in the experience of every one of us; and the last chapter contains "Legal Memoranda," which will be serviceable in cases of doubt as to the proper course to be adopted in the relations between Landlord and Tenant, Tax-gatherer and Tax-payer, and Tradesman and Customer.

These chapters have been contributed by gentlemen fully entitled to confidence; those on medical subjects by an experienced surgeon, and the legal matter by a solicitor.

I wish here to acknowledge the kind letters and congratulations I have received during the progress of this work, and have only further to add, that I trust the result of the four years' incessant labour which I have expended will not be altogether unacceptable to some of my countrymen and countrywomen.

ISABELLA BEETON.



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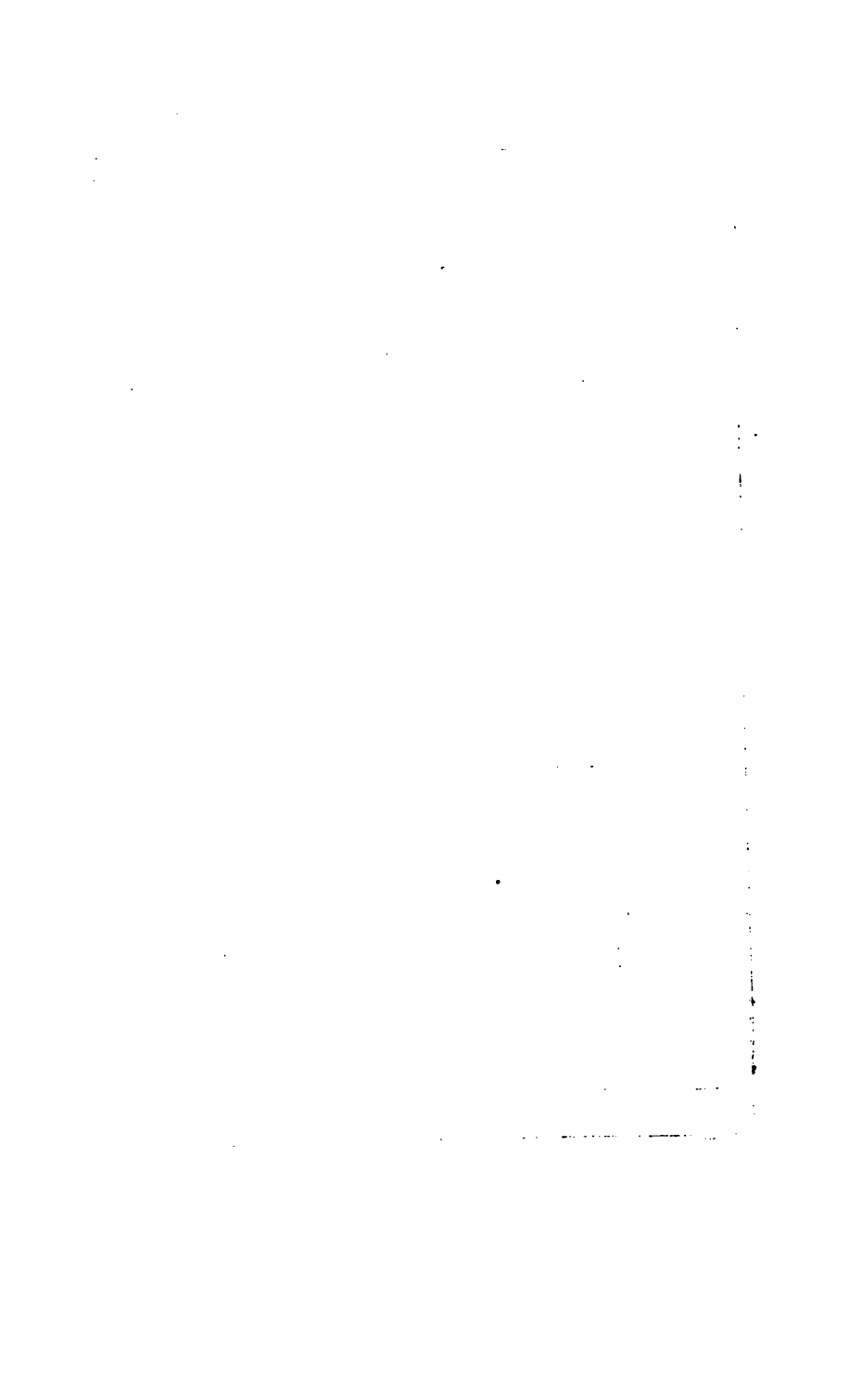
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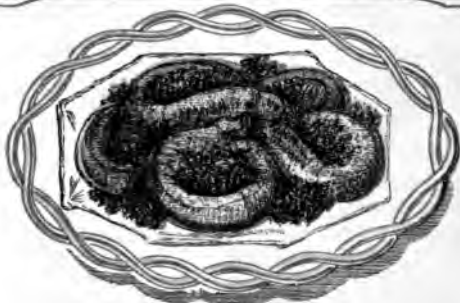
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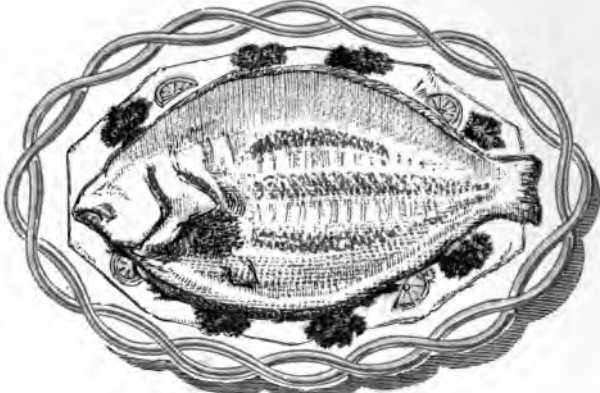




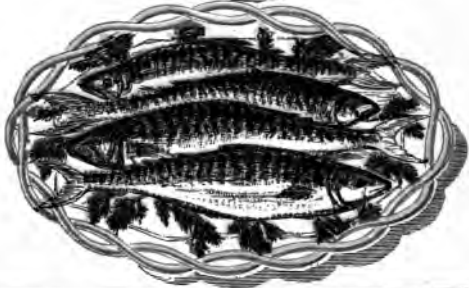
D



E



F



D. Dish of Fried Whiting. E. Boiled Brill or Turbot. F. Boiled Mackerel.

peas, 4 turnips, 8 potatoes, 2 onions, 2 oz. of oatmeal or 3 oz. of rice, 2 quarts of water.

Mode.—Cut the meat in small pieces, as also the vegetables, and add them, with the peas, to the water. Boil gently for 3 hours; thicken with the oatmeal, boil for another $\frac{1}{2}$ hour, stirring all the time, and season with pepper and salt.

Time.— $3\frac{1}{2}$ hours. *Average cost*, 4d. per quart.

Seasonable in winter.

Sufficient for 8 persons.

Note.—This soup may be made of the liquor in which tripe has been boiled, by adding vegetables, seasoning, rice, &c.

TURKEY SOUP (a Seasonable Dish at Christmas).

188. **INGREDIENTS.**—2 quarts of medium stock, No. 105, the remains of a cold roast turkey, 2 oz. of rice-flour or arrowroot, salt and pepper to taste, 1 tablespoonful of Harvey's sauce or mushroom ketchup.

Mode.—Cut up the turkey in small pieces, and put it in the stock; let it simmer slowly until the bones are quite clean. Take the bones out, and work the soup through a sieve; when cool, skim well. Mix the rice-flour or arrowroot to a batter with a little of the soup; add it with the seasoning and sauce, or ketchup. Give one boil, and serve.

Time.—4 hours. *Average cost*, 10d. per quart.

Seasonable at Christmas.

Sufficient for 8 persons.

Note.—Instead of thickening this soup, vermicelli or macaroni may be served in it.

THE TURKEY.—The common turkey is a native of North America, and was thence introduced to England, in the reign of Henry VIII. According to Tusser's "Five Hundred Points of Good Husbandry," about the year 1535 it began to form a dish at our rural Christmas feasts.

"Beef, mutton, and pork, shred pies of the best,
Pig, veal, goose, and capon, and turkey well dress'd,
Cheese, apples, and nuts, jolly carols to hear,
As then in the country is counted good cheer."

It is one of the most difficult birds to rear, of any that we have; yet, in its wild state, is found in great abundance in the forests of Canada, where, it might have been imagined that the severity of the climate would be unfavourable to its ever becoming plentiful. They are very fond of the seeds of nettles, and the seeds of the foxglove poison them.

TURTLE SOUP (founded on M. Ude's Recipe).

189. **INGREDIENTS.**—A turtle, 6 slices of ham, 2 knuckles of veal, 1 large bunch of sweet herbs, 3 bay-leaves, parsley, green onions, 1 onion, 6 cloves, 4 blades of mace, $\frac{1}{2}$ lb. of fresh butter, 1 bottle of Madeira, 1 lump of sugar. For the *Quenelles à Tortue*, 1 lb. of veal, 1 lb. of bread crumbs, milk, 7 eggs, cayenne, salt, spices, chopped parsley, the juice of 2 lemons.

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Mode.—To make this soup with less difficulty, cut off the head of the turtle the preceding day. In the morning open the turtle by leaning heavily with a knife on the shell of the animal's back, whilst you cut this off all round. Turn it upright on its end, that all the water, &c. may run out, when the flesh should be cut off along the spine, with the knife sloping towards the bones, for fear of touching the gall, which sometimes might escape the eye. When all the flesh about the members is obtained, wash these clean, and let them drain. Have ready, on the fire, a large vessel full of boiling water, into which put the shells; and when you perceive that they come easily off, take them out of the water, and prick them all, with those of the back, belly, fins, head, &c. Boil the back and belly till the bones can be taken off, without, however, allowing the softer parts to be sufficiently done, as they will be boiled again in the soup. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor must be used to moisten all the sauces.

All the flesh of the interior parts, the four legs and head, must be drawn down in the following manner:—Lay the slices of ham on the bottom of a very large stewpan, over them the knuckles of veal, according to the size of the turtle; then the inside flesh of the turtle, and over the whole the members. Now moisten with the water in which you are boiling the shell, and draw it down thoroughly. It may now be ascertained if it be thoroughly done by thrusting a knife into the fleshy part of the meat. If no blood appears, it is time to moisten it again with the liquor in which the bones, &c. have been boiling. Put in a large bunch of all such sweet herbs as are used in the cooking of a turtle,—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with 6 cloves. Let the whole be thoroughly done. With respect to the members, probe them, to see whether they are done, and if so, drain and send them to the larder, as they are to make their appearance only when the soup is absolutely completed. When the flesh is also completely done, strain it through a silk sieve, and make a very thin white *roux*; for turtle soup must not be much thickened. When the flour is sufficiently done on a slow fire, and has a good colour, moisten it with the liquor, keeping it over the fire till it boils. Ascertain that the sauce is neither too thick nor too thin; then draw the stewpan on the side of the stove, to skim off the white scum, and all the fat and oil that rise to the surface of the sauce. By this time all the softer parts will be sufficiently cold; when they must be cut to about

the size of one or two inches square, and thrown into the soup, which must now be left to simmer gently. When done, skim off all the fat and froth. Take all the leaves of the herbs from the stock,—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion cut in four pieces, with a few blades of mace. Put these in a stewpan, with about $\frac{1}{2}$ lb. of fresh butter, and let it simmer on a slow fire till quite melted, when pour in 1 bottle of good Madeira, adding a small bit of sugar, and let it boil gently for 1 hour. When done, rub it through a tammy, and add it to the soup. Let this boil, till no white scum rises; then take with a skimmer all the bits of turtle out of the sauce, and put them in a clean stewpan: when you have all out, pour the soup over the bits of turtle, through a tammy, and proceed as follows:—

QUENELLES A TORTUE.—Make some *quenelles à tortue*, which being substitutes for eggs, do not require to be very delicate. Take out the fleshy part of a leg of veal, about 1 lb., scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put it into a mortar, with the veal, a small quantity of calf's udder, a little butter, the yolks of 4 eggs, boiled hard, a little cayenne pepper, salt, and spices, and pound the whole very fine; then thicken the mixture with 2 whole eggs, and the yolk of another. Next try this *farce* or stuffing in boiling-hot water, to ascertain its consistency: if it is too thin, add the yolk of an egg. When the *farce* is perfected, take half of it, and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg; poach it in salt and boiling water, and when very hard, drain on a sieve, and put it into the turtle. Before you send up, squeeze the juice of 2 or 3 lemons, with a little cayenne pepper, and pour that into the soup. THE FINS may be served as a *plat d'entrée* with a little turtle sauce; if not, on the following day you may warm the turtle *au bain marie*, and serve the members entire, with a *matelote* sauce, garnished with mushrooms, cocks' combs, *quenelles*, &c. When either lemon-juice or cayenne pepper has been introduced, no boiling must take place.

Note.—It is necessary to observe, that the turtle prepared a day before it is used, is generally preferable, the flavour being more uniform. Be particular, when you dress a very large turtle, to preserve the green fat (be cautious not to study a very brown colour,—the natural green of the fish is preferred by every epicure and true connoisseur) in a separate stewpan, and likewise when the turtle is entirely done, to have as many tureens as you mean to serve each

time. You cannot put the whole in a large vessel, for many reasons: first, it will be long in cooling; secondly, when you take some out, it will break all the rest into rags. If you warm in a *bain marie*, the turtle will always retain the same taste; but if you boil it often, it becomes strong, and loses the delicacy of its flavour.

THE COST OF TURTLE SOUP.—This is the most expensive soup brought to table. It is sold by the quart,—one guinea being the standard price for that quantity. The price of live turtle ranges from 8*d.* to 2*s.* per lb., according to supply and demand. When live turtle is dear, many cooks use the tinned turtle, which is killed when caught, and preserved by being put in hermetically-sealed canisters, and so sent over to England. The cost of a tin, containing 2 quarts, or 4 lbs., is about £2, and for a small one, containing the green fat, 7*s.* 6*d.* From these about 6 quarts of good soup may be made.

THE GREEN TURTLE.—This reptile is found in large numbers on the coasts of all the islands and continents within the tropics, in both the old and new worlds. Their length is often five feet and upwards, and they range in weight from 50 to 500 or 600 lbs. As turtles find a constant supply of food on the coasts which they frequent, they are not of a quarrelsome disposition, as the submarine meadows in which they pasture, yield plenty for them all. Like other species of amphibia, too, they have the power of living many months without food; so that they live harmlessly and peaceably together, notwithstanding that they seem to have no common bond of association, but merely assemble in the same places as if entirely by accident. England is mostly supplied with them from the West Indies, whence they are brought alive and in tolerable health. The green turtle is highly prized on account of the delicious quality of its flesh, the fat of the upper and lower shields of the animal being esteemed the richest and most delicate parts. The soup, however, is apt to disagree with weak stomachs. As an article of luxury, the turtle has only come into fashion within the last 100 years, and some hundreds of tureens of turtle soup are served annually at the lord mayor's dinner in Guildhall.



THE TURTLE.

A GOOD FAMILY SOUP.

190. **INGREDIENTS.**—Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef-bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 head of celery, 4 quarts of water, $\frac{1}{4}$ teacupful of rice; salt and pepper to taste.

Mode.—Put all the ingredients in a stewpan, and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and soft parts of the tongue must be saved. When the soup is wanted for use, skim off all the fat, put in the kernels and soft parts of the tongue, slice in a small quantity of fresh carrot, turnip, and onion; stew till the vegetables are tender, and serve with toasted bread.

Time.—5 hours. **Average cost,** 3*d.* per quart.

Seasonable at any time.

Sufficient for 12 persons.

HODGE-PODGE.

191. **INGREDIENTS.**—2 lbs. of shin of beef, 3 quarts of water, 1 pint of table-beer, 2 onions, 2 carrots, 2 turnips, 1 head of celery; pepper and salt to taste; thickening of butter and flour.

Mode.—Put the meat, beer, and water in a stewpan; simmer for a few minutes, and skim carefully. Add the vegetables and seasoning; stew gently till the meat is tender. Thicken with the butter and flour, and serve with turnips and carrots, or spinach and celery.

Time.—3 hours, or rather more. *Average cost, 3d. per quart.*

Seasonable at any time. Sufficient for 12 persons.

TABLE BEER.—This is nothing more than a weak ale, and is not made so much with a view to strength, as to transparency of colour and an agreeable bitterness of taste. It is, or ought to be, manufactured by the London professional brewers, from the best pale malt, or amber and malt. Six barrels are usually drawn from one quarter of malt, with which are mixed 4 or 5 lbs. of hops. As a beverage, it is agreeable when fresh; but it is not adapted to keep long.

 FISH SOUPS.

FISH STOCK.

192. **INGREDIENTS.**—2 lbs. of beef or veal (these can be omitted), any kind of white fish trimmings, of fish which are to be dressed for table, 2 onions, the rind of $\frac{1}{2}$ a lemon, a bunch of sweet herbs, 2 carrots, 2 quarts of water.

Mode.—Cut up the fish, and put it, with the other ingredients, into the water. Simmer for 2 hours; skim the liquor carefully, and strain it. When a richer stock is wanted, fry the vegetables and fish before adding the water.

Time.—2 hours. *Average cost, with meat, 10d. per quart; without, 3d.*

Note.—Do not make fish stock long before it is wanted, as it soon turns sour.

CRAYFISH SOUP.

193. **INGREDIENTS.**—50 crayfish, $\frac{1}{2}$ lb. of butter, 6 anchovies, the crumb of 1 French roll, a little lobster-spawn, seasoning to taste, 2 quarts of medium stock, No. 105, or fish stock, No. 192.

Mode.—Shell the crayfish, and put the fish between two plates until they are wanted; pound the shells in a mortar, with the butter and anchovies; when well beaten, add a pint of stock, and simmer for $\frac{3}{4}$ of an hour. Strain it through a hair sieve, put the remainder of the

stock to it, with the crumb of the rolls; give it one boil, and rub it through a tammy, with the lobster-spawn. Put in the fish, but do not let the soup boil, after it has been rubbed through the tammy. If necessary, add seasoning.



CRAYFISH.

THE CRAYFISH.—This is one of those fishes that were highly esteemed by the ancients. The Greeks preferred it when brought from Alexandria, and the Romans ate it boiled with cumin, and seasoned with pepper and other condiments. A recipe tells us, that crayfish can be preserved several days in baskets with fresh grass, such as the nettle, or in a bucket with about three-eighths of an inch of water. More water would kill them, because the large quantity of air they require necessitates the water in which they are kept, to be continually renewed.

Time.—1½ hour. *Average cost*, 2s. 3d. or 1s. 9d. per quart.

Seasonable from January to July.

Sufficient for 8 persons.

EEL SOUP.

194. **INGREDIENTS.**—3 lbs. of eels, 1 onion, 2 oz. of butter, 3 blades of mace, 1 bunch of sweet herbs, ¼ oz. of peppercorns, salt to taste, 2 tablespoonfuls of flour, ¼ pint of cream, 2 quarts of water.

Mode.—Wash the eels, cut them into thin slices, and put them in the stewpan with the butter; let them simmer for a few minutes, then pour the water to them, and add the onion, cut in thin slices, the herbs, mace, and seasoning. Simmer till the eels are tender, but do not break the fish. Take them out carefully, mix the flour smoothly to a batter with the cream, bring it to a boil, pour over the eels, and serve.

Time.—1 hour, or rather more. *Average cost*, 10d. per quart.

Seasonable from June to March.

Sufficient for 8 persons.

Note.—This soup may be flavoured differently by omitting the cream, and adding a little ketchup or Harvey's sauce.

LOBSTER SOUP.

195. **INGREDIENTS.**—3 large lobsters, or 6 small ones; the crumb of a French roll, 2 anchovies, 1 onion, 1 small bunch of sweet herbs, 1 strip of lemon-peel, 2 oz. of butter, a little nutmeg, 1 teaspoonful of flour, 1 pint of cream, 1 pint of milk; forcemeat balls, mace, salt and pepper to taste, bread crumbs, 1 egg, 2 quarts of water.

Mode.—Pick the meat from the lobsters, and beat the fins, chine, and small claws in a mortar, previously taking away the brown fin and the bag in the head. Put it in a stewpan, with the crumb of the

roll, anchovies, onions, herbs, lemon-peel, and the water; simmer gently till all the goodness is extracted, and strain it off. Pound the spawn in a mortar, with the butter, nutmeg, and flour, and mix with it the cream and milk. Give one boil up, at the same time adding the tails cut in pieces. Make the forcemeat balls with the remainder of the lobster, seasoned with mace, pepper, and salt, adding a little flour, and a few bread crumbs; moisten them with the egg, heat them in the soup, and serve.

Time.—2 hours, or rather more. *Average cost*, 3s. 6d. per quart.

Seasonable from April to October.

Sufficient for 8 persons.

OYSTER SOUP.

I.

196. **INGREDIENTS.**—6 dozen of oysters, 2 quarts of white stock, $\frac{1}{2}$ pint of cream, 2 oz. of butter, $1\frac{1}{2}$ oz. of flour; salt, cayenne, and mace to taste.

Mode.—Scald the oysters in their own liquor; take them out, beard them, and put them in a tureen. Take a pint of the stock, put in the beards and the liquor, which must be carefully strained, and simmer for $\frac{1}{2}$ an hour. Take it off the fire, strain it again, and add the remainder of the stock with the seasoning and mace. Bring it to a boil, add the thickening of butter and flour, simmer for 5 minutes, stir in the boiling cream, pour it over the oysters, and serve.

Time.—1 hour. *Average cost*, 2s. 8d. per quart.

Seasonable from September to April.

Sufficient for 8 persons.

Note.—This soup can be made less rich by using milk instead of cream, and thickening with arrowroot instead of butter and flour.

II.

197. **INGREDIENTS.**—2 quarts of good mutton broth, 6 dozen oysters, 2 oz. butter, 1 oz. of flour.

Mode.—Beard the oysters, and scald them in their own liquor; then add it, well strained, to the broth; thicken with the butter and flour, and simmer for $\frac{1}{2}$ of an hour. Put in the oysters, stir well, but do not let it boil, and serve very hot.

Time.— $\frac{1}{2}$ hour. *Average cost*, 2s. per quart.

Seasonable from September to April.

Sufficient for 8 persons

SEASON OF OYSTERS.—From April and May to the end of July, oysters are said to be sick; but by the end of August they become healthy, having recovered from the effects

of spawning. When they are not in season, the males have a black, and the females a milky substance in the gill. From some lines of Oppian, it would appear that the ancients were ignorant that the oyster is generally found adhering to rocks. The starfish is one of the most deadly enemies of these bivalves. The poet says:—

The prickly star creeps on with full deceit
To force the oyster from his close retreat.
When gaping lids their widen'd void display,
The watchful star thrusts in a pointed ray,
Of all its treasures spoils the rifed case,
And empty shells the sandy hillock grace,

PRAWN SOUP.

198. **INGREDIENTS.**—2 quarts of fish stock or water, 2 pints of prawns, the crumbs of a French roll, anchovy sauce or mushroom ketchup to taste, 1 blade of mace, $\frac{1}{4}$ pint of vinegar, a little lemon-juice.

Mode.—Pick out the tails of the prawns, put the bodies in a stewpan with 1 blade of mace, $\frac{1}{4}$ pint of vinegar, and the same quantity of water; stew them for $\frac{1}{4}$ hour, and strain off the liquor. Put the fish stock or water into a stewpan; add the strained liquor, pound the prawns with the crumb of a roll moistened with a little of the soup, rub them through a tammy, and mix them by degrees with the soup; add ketchup or anchovy sauce to taste, with a little lemon-juice. When it is well cooked, put in a few picked prawns; let them get thoroughly hot, and serve. If not thick enough, put in a little butter and flour.

Time.—hour. *Average cost*, 1s. 1d. per quart, if made with water.

Seasonable at any time. *Sufficient* for 8 persons.

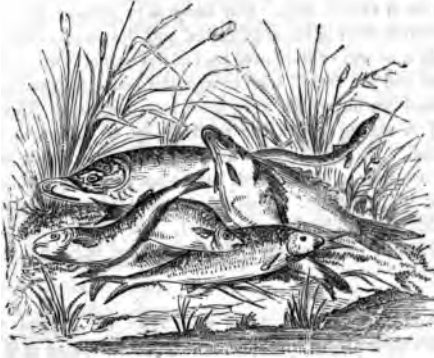
Note.—This can be thickened with tomatoes, and vermicelli served in it, which makes it a very tasteful soup.



THE PRAWN.

flavour to be preserved. They are extremely lively little animals, as seen in their native retreats.

THE PRAWN.—This little fish bears a striking resemblance to the shrimp, but is neither so common nor so small. It is to be found on most of the sandy shores of Europe. The Isle of Wight is famous for shrimps, where they are potted; but both the prawns and the shrimps vended in London, are too much salted for the excellence of their natural



FISH.

CHAPTER VII.

THE NATURAL HISTORY OF FISHES.

199. IN NATURAL HISTORY, FISHES form the fourth class in the system of Linnæus, and are described as having long under-jaws, eggs without white, organs of sense, fins for supporters, bodies covered with concave scales, gills to supply the place of lungs for respiration, and water for the natural element of their existence. Had mankind no other knowledge of animals than of such as inhabit the land and breathe their own atmosphere, they would listen with incredulous wonder, if told that there were other kinds of beings which existed only in the waters, and which would die almost as soon as they were taken from them. However strongly these facts might be attested, they would hardly believe them, without the operation of their own senses, as they would recollect the effect produced on their own bodies when immersed in water, and the impossibility of their sustaining life in it for any lengthened period of time. Experience, however, has taught them, that the "great deep" is crowded with inhabitants of various sizes, and of vastly different constructions, with modes of life entirely distinct from those which belong to the animals of the land, and with peculiarities of design, equally wonderful with those of any other works which have come from the hand of the Creator. The history of these races, however, must remain for ever, more or less, in a state of darkness, since the depths in which they live, are beyond the power of human exploration, and since the illimitable expansion of their domain places them almost entirely out of the reach of human accessibility.

200. IN STUDYING THE CONFORMATION OF FISHES, we naturally conclude that they are, in every respect, well adapted to the element in which they have their existence. Their shape has a striking resemblance to the lower part of a ship; and there is no doubt that the form of the fish originally suggested the form of the ship. The body is in general slender, gradually diminishing towards each of its extremities, and flattened on each of its sides. This is precisely the form of the lower part of the hull of a ship; and it enables both the animal and the vessel, with comparative ease, to penetrate and divide the resisting medium for which they have been adapted. The velocity of a ship, however, in sailing before the wind, is by no means to be compared to that of a fish. It is well known that the largest fishes will, with the greatest ease, overtake a ship in full sail, play round it without effort, and shoot ahead of it at pleasure. This arises from their great flexibility, which, to compete with macks the labours of art, and enables them to migrate thousands of miles in a season, without the slightest indications of languor or fatigue.

201. THE PRINCIPAL INSTRUMENTS EMPLOYED BY FISHES to accelerate their motion, are their air-bladder, fins, and tail. By means of the air-bladder they enlarge or diminish the specific gravity of their bodies. When they wish to sink, they compress the muscles of the abdomen, and eject the air contained in it; by which, their weight, compared with that of the water, is increased, and they consequently descend. On the other hand, when they wish to rise, they relax the compression of the abdominal muscles, when the air-bladder fills and distends, and the body immediately ascends to the surface. How simply, yet how wonderfully, has the Supreme Being adapted certain means to the attainment of certain ends! Those fishes which are destitute of the air-bladder are heavy in the water, and have no great "alacrity" in rising. The larger proportion of them remain at the bottom, unless they are so formed as to be able to strike their native element downwards with sufficient force to enable them to ascend. When the air-bladder of a fish is burst, its power of ascending to the surface has for ever passed away. From a knowledge of this fact, the fishermen of cod are enabled to preserve them alive for a considerable time in their well-boats. The means they adopt to accomplish this, is to perforate the sound, or air-bladder, with a needle, which disengages the air, when the fishes immediately descend to the bottom of the well, into which they are thrown. Without this operation, it would be impossible to keep the cod under water whilst they had life. In swimming, the fins enable fishes to preserve their upright position, especially those of the belly, which act like two feet. Without these, they would swim with their bellies upward, as it is in their backs that the centre of gravity lies. In ascending and descending, these are likewise of great assistance, as they contract and expand accordingly. The tail is an instrument of great muscular force, and largely assists the fish in all its motions. In some instances it acts like the rudder of a ship, and enables it to turn sideways; and when moved from side to side with a quick vibratory motion, fishes are made, in the same manner as the "screw" propeller makes

a steamship, to dart forward with a celerity proportioned to the muscular force with which it is employed.

202. THE BODIES OF FISHES are mostly covered with a kind of horny scales ; but some are almost entirely without them, or have them so minute as to be almost invisible ; as is the case with the eel. The object of these is to preserve them from injury by the pressure of the water, or the sudden contact with pebbles, rocks, or sea-weeds. Others, again, are enveloped in a fatty, oleaginous substance, also intended as a defence against the friction of the water ; and those in which the scales are small, are supplied with a larger quantity of slimy matter.

203. THE RESPIRATION OF FISHES is effected by means of those comb-like organs which are placed on each side of the neck, and which are called gills. It is curious to watch the process of breathing as it is performed by the finny tribes. It seems to be so continuous, that it might almost pass for an illustration of the vexed problem which conceals the secret of perpetual motion. In performing it, they fill their mouths with water, which they drive backwards with a force so great as to open the large flap, to allow it to escape behind. In this operation all, or a great portion, of the air contained in the water, is left among the leather-like processes of the gills, and is carried into the body, there to perform its part in the animal economy. In proof of this, it has been ascertained that, if the water in which fishes are put, is, by any means, denuded of its air, they immediately seek the surface, and begin to gasp for it. Hence, distilled water is to them what a vacuum made by an air-pump, is to most other animals. For this reason, when a fishpond, or other aqueous receptacle in which fishes are kept, is entirely frozen over, it is necessary to make holes in the ice, not so especially for the purpose of feeding them, as for that of giving them air to breathe.

204. THE POSITIONS OF THE TEETH OF FISHES are well calculated to excite our amazement ; for, in some cases, these are situated in the jaws, sometimes on the tongue or palate, and sometimes even in the throat. They are in general sharp-pointed and immovable ; but in the carp they are obtuse, and in the pike so easily moved as to seem to have no deeper hold than such as the mere skin can afford. In the herring, the tongue is set with teeth, to enable it the better, it is supposed, to retain its food.

205. ALTHOUGH NATURALISTS HAVE DIVIDED FISHES into two great tribes, the *osseous* and the *cartilaginous*, yet the distinction is not very precise ; for the first have a great deal of cartilage, and the second, at any rate, a portion of calcareous matter in their bones. It may, therefore, be said that the bones of fishes form a kind of intermediate substance between true bones and cartilages. The backbone extends through the whole length of the body, and consists of vertebrae, strong and thick towards the head, but weaker and more slender as it approaches the tail. Each species has a determinate number of vertebrae,

which are increased in size in proportion with the body. The ribs are attached to the processes of the vertebræ, and inclose the breast and abdomen. Some kinds, as the rays, have no ribs; whilst others, as the sturgeon and eel, have very short ones. Between the pointed processes of the vertebræ are situated the bones which support the dorsal (back) and the anal (below the tail) fins, which are connected with the processes by a ligament. At the breast are the sternum or breastbone, clavicles or collar-bones, and the scapulæ or shoulder-blades, on which the pectoral or breast fins are placed. The bones which support the ventral or belly fins are called the *ossa pelvis*. Besides these principal bones, there are often other smaller ones, placed between the muscles to assist their motion.

206. SOME OF THE ORGANS OF SENSE IN FISHES are supposed to be possessed by them in a high degree, and others much more imperfectly. Of the latter kind are the senses of touch and taste, which are believed to be very slightly developed: On the other hand, those of hearing, seeing, and smelling, are ascertained to be acute, but the first in a lesser degree than both the second and third. Their possession of an auditory organ was long doubted, and even denied by some physiologists; but it has been found placed on the sides of the skull, or in the cavity which contains the brain. It occupies a position entirely distinct and detached from the skull, and, in this respect, differs in the local disposition of the same sense in birds and quadrupeds. In some fishes, as in those of the ray kind, the organ is wholly encompassed by those parts which contain the cavity of the skull; whilst in the cod and salmon kind it is in the part within the skull. Its structure is, in every way, much more simple than that of the same sense in those animals which live entirely in the air; but there is no doubt that they have the adaptation suitable to their condition. In some genera, as in the rays, the external orifice or ear is very small, and is placed in the upper surface of the head; whilst in others there is no visible external orifice whatever. However perfect the *sight* of fishes may be, experience has shown that this sense is of much less use to them than that of smelling, in searching for their food. The optic nerves in fishes have this peculiarity,—that they are not confounded with one another in their middle progress between their origin and their orbit. The one passes over the other without any communication; so that the nerve which comes from the left side of the brain goes distinctly to the right eye, and that which comes from the right goes distinctly to the left. In the greater part of them, the eye is covered with the same transparent skin that covers the rest of the head. The object of this arrangement, perhaps, is to defend it from the action of the water, as there are no eyelids. The globe in front is somewhat depressed, and is furnished behind with a muscle, which serves to lengthen or flatten it, according to the necessities of the animal. The crystalline humour, which in quadrupeds is flattened, is, in fishes, nearly globular. The organ of *smelling* in fishes is large, and is endued, at its entry, with a dilating and contracting power, which is employed as the wants of the animal may require. It is mostly by the acuteness of their smell that fishes are enabled to discover their food; for their tongue is not

designed for nice sensation, being of too firm a cartilaginous substance for this purpose.

207. WITH RESPECT TO THE FOOD OF FISHES, this is almost universally found in their own element. They are mostly carnivorous, though they seize upon almost anything that comes in their way : they even devour their own offspring, and manifest a particular predilection for all living creatures. Those, to which Nature has meted out mouths of the greatest capacity, would seem to pursue everything with life, and frequently engage in fierce conflicts with their prey. The animal with the largest mouth is usually the victor ; and he has no sooner conquered his foe than he devours him. Innumerable shoals of one species pursue those of another, with a ferocity which draws them from the pole to the equator, through all the varying temperatures and depths of their boundless domain. In these pursuits a scene of universal violence is the result ; and many species must have become extinct, had not Nature accurately proportioned the means of escape, the production, and the numbers, to the extent and variety of the danger to which they are exposed. Hence the smaller species are not only more numerous, but more productive than the larger ; whilst their instinct leads them in search of food and safety near the shores, where, from the shallowness of the waters, many of their foes are unable to follow them.

208. THE FECUNDITY OF FISHES has been the wonder of every natural philosopher whose attention has been attracted to the subject. They are in general oviparous, or egg-producing ; but there are a few, such as the eel and the blenny, which are viviparous, or produce their young alive. The males have the *milt* and the females the *roe* ; but some individuals, as the sturgeon and the cod tribes, are said to contain both. The greater number deposit their spawn in the sand or gravel ; but some of those which dwell in the depths of the ocean attach their eggs to sea-weeds. In every instance, however, their fruitfulness far surpasses that of any other race of animals. According to Lewenhoeck, the cod annually spawns upwards of nine millions of eggs, contained in a single roe. The flounder produces one million ; the mackerel above five hundred thousand ; a herring of a moderate size at least ten thousand ; a carp fourteen inches in length, according to Petit, contained two hundred and sixty-two thousand two hundred and twenty-four ; a perch deposited three hundred and eighty thousand six hundred and forty ; and a female sturgeon seven millions six hundred and fifty-three thousand two hundred. The viviparous species are by no means so prolific ; yet the blenny brings forth two or three hundred at a time, which commence sporting together round their parent the moment they have come into existence.

209. IN REFERENCE TO THE LONGEVITY OF FISHES, it is affirmed to surpass that of all other created beings ; and it is supposed they are, to a great extent, exempted from the diseases to which the flesh of other animals is heir. In place of suffering from the rigidity of age, which is the cause of the natural

decay of those that "live and move and have their being" on the land, their bodies continue to grow with each succeeding supply of food, and the conduits of life to perform their functions unimpaired. The age of fishes has not been properly ascertained, although it is believed that the most minute of the species has a longer lease of life than man. The mode in which they die has been noted by the Rev. Mr. White, the eminent naturalist of Selbourne. As soon as the fish sickens, the head sinks lower and lower, till the animal, as it were, stands upon it. After this, as it becomes weaker, it loses its poise, till the tail turns over, when it comes to the surface, and floats with its belly upwards. The reason for its floating in this manner is on account of the body being no longer balanced by the fins of the belly, and the broad muscular back preponderating, by its own gravity, over the belly, from this latter being a cavity, and consequently lighter.

210. FISHES ARE EITHER SOLITARY OR GREGARIOUS, and some of them migrate to great distances, and into certain rivers, to deposit their spawn. Of sea-fishes, the cod, herring, mackerel, and many others, assemble in immense shoals, and migrate through different tracts of the ocean; but, whether considered in their solitary or gregarious capacity, they are alike wonderful to all who look through Nature up to Nature's God, and consider, with due humility, yet exalted admiration, the sublime variety, beauty, power, and grandeur of His productions, as manifested in the Creation.

FISH AS AN ARTICLE OF HUMAN FOOD.

211. AS THE NUTRITIVE PROPERTIES OF FISH are deemed inferior to those of what is called butchers' meat, it would appear, from all we can learn, that, in all ages, it has held only a secondary place in the estimation of those who have considered the science of gastronomy as a large element in the happiness of mankind. Among the Jews of old it was very little used, although it seems not to have been entirely interdicted, as Moses prohibited only the use of such as had neither scales nor fins. The Egyptians, however, made fish an article of diet, notwithstanding that it was rejected by their priests. Egypt, however, is not a country favourable to the production of fish, although we read of the people, when hungry, eating it raw; of epicures among them having dried it in the sun; and of its being salted and preserved, to serve as a repast on days of great solemnity.

The modern Egyptians are, in general, extremely temperate in regard to food. Even the richest among them take little pride, and, perhaps, experience as little delight, in the luxuries of the table. Their dishes mostly consist of pilaus, soups, and stews, prepared principally of onions, cucumbers, and other cold vegetables, mixed with a little meat cut into small pieces. On special occasions, however, a whole sheep is placed on the festive board; but during several of the hottest months of the year, the richest restrict themselves entirely to a vegetable diet. The poor are contented with a little oil or sour milk, in which they may dip their bread.

212. PASSING FROM AFRICA TO EUROPE, we come amongst a people who

have, almost from time immemorial, occupied a high place in the estimation of every civilized country ; yet the Greeks, in their earlier ages, made very little use of fish as an article of diet. In the eyes of the heroes of Homer it had little favour ; for Menelaus complained that "hunger pressed their digestive organs," and they had been obliged to live upon fish. Subsequently, however, fish became one of the principal articles of diet amongst the Hellenes ; and both Aristophanes and Athenæus allude to it, and even satirize their countrymen for their excessive partiality to the turbot and mullet.

So infatuated were many of the Greek gastronomes with the love of fish, that some of them would have preferred death from indigestion to the relinquishment of the precious dainties with which a few of the species supplied them. Philoxenes of Cythera was one of these. On being informed by his physician that he was going to die of indigestion, on account of the quantity he was consuming of a delicious fish, "Be it so," he calmly observed ; "but before I die, let me finish the remainder."

213. THE GEOGRAPHICAL SITUATION OF GREECE was highly favourable for the development of a taste for the piscatory tribes ; and the skill of the Greek cooks was so great, that they could impart every variety of relish to the dish they were called upon to prepare. Athenæus has transmitted to posterity some very important precepts upon their ingenuity in seasoning with salt, oil, and aromatics.

At the present day the food of the Greeks, through the combined influence of poverty and the long fasts which their religion imposes upon them, is, to a large extent, composed of fish, accompanied with vegetables and fruit. Caviare, prepared from the roes of sturgeons, is the national ragout, which, like all other fish dishes, they season with aromatic herbs. Snails dressed in garlic are also a favourite dish.

214. AS THE ROMANS, in a great measure, took their taste in the fine arts from the Greeks, so did they, in some measure, their piscine appetites. The eel-pout and the lotas's liver were the favourite fish dishes of the Roman epicures ; whilst the red mullet was esteemed as one of the most delicate fishes that could be brought to the table.

With all the elegance, taste, and refinement of Roman luxury, it was sometimes promoted or accompanied by acts of great barbarity. In proof of this, the mention of the red mullet suggests the mode in which it was sometimes treated for the, to us, horrible entertainment of the *fashionable* in Roman circles. It may be premised, that as England has, Rome, in her palmy days, had, her fops, who had, no doubt, through the medium of their cooks, discovered that when the scales of the red mullet were removed, the flesh presented a fine pink-colour. Having discovered this, it was further observed that at the death of the animal, this colour passed through a succession of beautiful shades, and, in order that these might be witnessed and enjoyed in their fullest perfection, the poor mullet was served alive in a glass vessel.

215. THE LOVE OF FISH among the ancient Romans rose to a real mania. Apicius offered a prize to any one who could invent a new brine compounded of the liver of red mullets ; and Lucullus had a canal cut through a mountain, in the neighbourhood of Naples, that fish might be the more easily transported to the gardens of his villa. Hortensius, the orator, wept over the death of a turbot which he had fed with his own hands ; and the daughter of Druses adorned one that she had, with rings of gold. These were, surely, instances of misplaced affection ; but there is no accounting for tastes. It was but the

other day that we read in the "*Times*" of a wealthy *living* English hermit, who delights in the companionship of rats!

The modern Romans are merged in the general name of Italians, who, with the exception of macaroni, have no specially characteristic article of food.

216. FROM ROME TO GAUL is, considering the means of modern locomotion, no great way; but the ancient sumptuary laws of that kingdom give us little information regarding the ichthyophagous propensities of its inhabitants. Louis XII. engaged six fishmongers to furnish his board with fresh-water animals, and Francis I. had twenty-two, whilst Henry the Great extended his requirements a little further, and had twenty-four. In the time of Louis XIV. the cooks had attained to such a degree of perfection in their art, that they could convert the form and flesh of the trout, pike, or carp, into the very shape and flavour of the most delicious game.

The French long enjoyed a European reputation for their skill and refinement in the preparing of food. In place of plain joints, French cookery delights in the marvels of what are called made dishes, ragouts, stews, and fricassees, in which no trace of the original materials of which they are compounded is to be found.

217. FROM GAUL WE CROSS TO BRITAIN, where it has been asserted, by, at least, one authority, that the ancient inhabitants ate no fish. However this may be, we know that the British shores, particularly those of the North Sea, have always been well supplied with the best kinds of fish, which we may reasonably infer was not unknown to the inhabitants, or likely to be lost upon them for the lack of knowledge as to how they tasted. By the time of Edward II., fish had, in England, become a dainty, especially the sturgeon, which was permitted to appear on no table but that of the king. In the fourteenth century, a decree of King John informs us that the people ate both seals and porpoises; whilst in the days of the Troubadours, whales were fished for and caught in the Mediterranean Sea, for the purpose of being used as human food.

Whatever checks the ancient British may have had upon their piscatory appetites, there are happily none of any great consequence upon the modern, who delight in wholesome food of every kind. Their taste is, perhaps, too much inclined to that which is accounted solid and substantial; but they really eat more moderately, even of animal food, than either the French or the Germans. Roast beef, or other viands cooked in the plainest manner, are, with them, a sufficient luxury; yet they delight in living *well*, whilst it is easy to prove how largely their affections are developed by even the prospect of a substantial cheer. In proof of this we will just observe, that if a great dinner is to be celebrated, it is not uncommon for the appointed stewards and committee to meet and have a preliminary dinner among themselves, in order to arrange the great one, and after that, to have another dinner to discharge the bill which the great one cost. This enjoyable disposition we take to form a very large item in the aggregate happiness of the nation.

218. THE GENERAL USE OF FISH, as an article of human food among civilized nations, we have thus sufficiently shown, and will conclude this portion of our subject with the following hints, which ought to be remembered by all those who are fond of occasionally varying their dietary with a piscine dish:—

I. Fish shortly before they spawn are, in general, best in condition. When the spawning is just over, they are out of scason, and unfit for human food.

II. When fish is out of season, it has a transparent, bluish tinge, however much it may be boiled ; when it is in season, its muscles are firm, and boil white and curdy.

III. As food for invalids, white fish, such as the ling, cod, haddock, coal-fish, and whiting, are the best ; flat fish, as soles, skate, turbot, and flounders, are also good.

IV. Salmon, mackerel, herrings, and trout soon spoil or decompose after they are killed ; therefore, to be in perfection, they should be prepared for the table on the day they are caught. With flat fish, this is not of such consequence, as they will keep longer. The turbot, for example, is improved by being kept a day or two.

GENERAL DIRECTIONS FOR DRESSING FISH.

219. IN DRESSING FISH, of any kind, the first point to be attended to, is to see that it be perfectly clean. It is a common error to wash it too much ; as by doing so the flavour is diminished. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. Cod-fish, whiting, and haddock, are far better if a little salted, and kept a day ; and if the weather be not very hot, they will be good for two days.

220. WHEN FISH IS CHEAP AND PLENTIFUL, and a larger quantity is purchased than is immediately wanted, the overplus of such as will bear it should be potted, or pickled, or salted, and hung up ; or it may be fried, that it may serve for stewing the next day. Fresh-water fish, having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and afterwards dried and dressed.

221. FISH SHOULD BE PUT INTO COLD WATER, and set on the fire to do very gently, or the outside will break before the inner part is done. Unless the fishes are small, they should never be put into warm water ; nor should water, either hot or cold, be poured on to the fish, as it is liable to break the skin : if it should be necessary to add a little water whilst the fish is cooking, it ought to be poured in gently at the side of the vessel. The fish-plate may be drawn up, to see if the fish be ready, which may be known by its easily separating from the bone. It should then be immediately taken out of the water, or it will become woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving, and a clean cloth over the fish, to prevent its losing its colour.

222. IN GARNISHING FISH, great attention is required, and plenty of parsley,

horseradish, and lemon should be used. If fried parsley be used, it must be washed and picked, and thrown into fresh water. When the lard or dripping boils, throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up with a slice. When well done, and with very good sauce, fish is more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving; but to each recipe will be appended the proper mode of serving and garnishing.

223. **IF FISH IS TO BE FRIED OR BROILED,** it must be dried in a nice soft cloth, after it is well cleaned and washed. If for frying, brush it over with egg, and sprinkle it with some fine crumbs of bread. If done a second time with the egg and bread, the fish will look so much the better. If required to be very nice, a sheet of white blotting-paper must be placed to receive it, that it may be free from all grease. It must also be of a beautiful colour, and all the crumbs appear distinct. Butter gives a bad colour; lard and clarified dripping are most frequently used; but oil is the best, if the expense be no objection. The fish should be put into the lard when boiling, and there should be a sufficiency of this to cover it.

224. **WHEN FISH IS BROILED,** it must be seasoned, floured, and laid on a very clean gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over a very clear fire, that it may not taste smoky; and not too near, that it may not be scorched.

225. **IN CHOOSING FISH,** it is well to remember that it is possible it may be fresh, and yet not good. Under the head of each particular fish in this work, are appended rules for its choice and the months when it is in season. Nothing can be of greater consequence to a cook than to have the fish good; as if this important course in a dinner does not give satisfaction, it is rarely that the repast goes off well.



RECIPES.

CHAPTER VIII.

FISH.

[Nothing is more difficult than to give the average prices of Fish, inasmuch as a few hours of bad weather at sea will, in the space of one day, cause such a difference in its supply, that the same fish—a turbot for instance—which may be bought to-day for six or seven shillings, will, to-morrow, be, in the London markets, worth, perhaps, almost as many pounds. The average costs, therefore, which will be found appended to each recipe, must be understood as about the average price for the different kinds of fish, when the market is supplied upon an average, and when the various sorts are of an average size and quality.]

GENERAL RULE IN CHOOSING FISH.—A proof of freshness and goodness in most fishes, is their being covered with scales; for, if deficient in this respect, it is a sign of their being stale, or having been ill-used.]

FRIED ANCHOVIES.

226. INGREDIENTS.—1 tablespoonful of oil, $\frac{1}{2}$ a glass of white wine, sufficient flour to thicken; 12 anchovies.

Mode.—Mix the oil and wine together, with sufficient flour to make them into a thickish paste; cleanse the anchovies, wipe them, dip them in the paste, and fry of a nice brown colour.

Time.— $\frac{1}{2}$ hour. *Average cost* for this quantity, 9d.

Seasonable all the year.

Sufficient for 2 persons.

THE ANCHOVY.—In his book of "British Fishes," Mr. Yarrell states that "the anchovy is a common fish in the Mediterranean, from Greece to Gibraltar, and was well known to the Greeks and Romans, by whom the liquor prepared from it, called *garum*, was in great estimation. Its extreme range is extended into the Black Sea. The fishing for them is carried on during the night, and lights are used with the nets. The anchovy is common on the coasts of Portugal, Spain, and France. It occurs, I have no doubt, at the Channel Islands, and has been taken on the Hampshire coast, and in the Bristol Channel." Other fish, of inferior quality, but resembling the real Gorgona anchovy, are frequently sold for it, and passed off as genuine.



THE ANCHOVY.

ANCHOVY BUTTER OR PASTE.

227. **INGREDIENTS.**—2 dozen anchovies, $\frac{1}{2}$ lb. of fresh butter.

Mode.—Wash the anchovies thoroughly; bone and dry them, and pound them in a mortar to a paste. Mix the butter gradually with them, and rub the whole through a sieve. Put it by in small pots for use, and carefully exclude the air with a bladder, as it soon changes the colour of anchovies, besides spoiling them.

Average cost for this quantity, 2s.

POTTED ANCHOVIES.

POTTED ANCHOVIES are made in the same way, by adding pounded mace, cayenne, and nutmeg to taste.

ANCHOVY TOAST.

228. **INGREDIENTS.**—Toast 2 or 3 slices of bread, or, if wanted very savoury, fry them in clarified butter, and spread on them the paste, No. 227. Made mustard, or a few grains of cayenne, may be added to the paste before laying it on the toast.

ANCHOVY PASTE.—“When some delicate zest,” says a work just issued on the adulterations of trade, “is required to make the plain English breakfast more palatable, many people are in the habit of indulging in what they imagine to be anchovies. These fish are preserved in a kind of pickling-bottle, carefully corked down, and surrounded by a red-looking liquor, resembling in appearance diluted clay. The price is moderate, one shilling only being demanded for the luxury. When these anchovies are what is termed potted, it implies that the fish have been pounded into the consistency of a paste, and then placed in flat pots, somewhat similar in shape to those used for pomatum. This paste is usually eaten spread upon toast, and is said to form an excellent *bonne bouche*, which enables gentlemen at wine-parties to enjoy their port with redoubled gusto. Unfortunately, in six cases out of ten, the only portion of these preserved delicacies, that contains anything indicative of anchovies, is the paper label pasted on the bottle or pot, on which the word itself is printed. . . . All the samples of anchovy paste, analyzed by different medical men, have been found to be highly and vividly coloured with very large quantities of bole Armenian.” The anchovy itself, when imported, is of a dark dead colour, and it is to make it a bright “handsome-looking sauce” that this red earth is used.

BARBEL.

229. **INGREDIENTS.**— $\frac{1}{2}$ pint of port wine, a saltspoonful of salt, 2 table-spoonfuls of vinegar, 2 sliced onions, a faggot of sweet herbs, nutmeg and mace to taste, the juice of a lemon, 2 anchovies; 1 or 2 barbels, according to size.

Mode.—Boil the barbels in salt and water till done; pour off some of the water, and, to the remainder, put the ingredients mentioned above. Simmer gently for $\frac{1}{2}$ hour, or rather more, and strain. Put in the fish; heat it gradually; but do not let it boil, or it will be broken.

Time.—Altogether 1 hour. *Sufficient* for 4 persons.

Seasonable from September to November.

THE BARBEL.—This fish takes its name from the barbs or wattels at its mouth; and, in England, is esteemed as one of the worst of the fresh-water fish. It was, however, formerly, if not now, a favourite with the Jews, excellent cooks of fish. Others would boil with it a piece of bacon, that it might have a relish. It is to be met with from two to three or four feet long, and is said to live to a great age. From Putney upwards, in the Thames, some are found of large size; but they are valued only as affording sport to the brethren of the angle.



THE BARBEL.

BRILL.

230. **INGREDIENTS.**— $\frac{1}{4}$ lb. of salt to each gallon of water; a little vinegar.

Mode.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice, to preserve its whiteness. Set the fish in sufficient cold water to cover it; throw in salt, in the above proportions, and a little vinegar, and bring it gradually to boil; simmer very gently till the fish is done, which will be in about 10 minutes; but the time for boiling, of course, depends entirely on the size of the fish. Serve it on a hot napkin, and garnish with cut lemon, parsley, horseradish, and a little lobster coral sprinkled over the fish. Send lobster or shrimp sauce and plain melted butter to table with it.

Time.—After the water boils, a small brill, 10 minutes; a large brill, 15 to 20 minutes.

Average cost, from 4s. to 8s.

Seasonable from August to April.

THE BRILL.—This fish resembles the sole, but is broader, and when large, is esteemed by many in a scarcely less degree than the turbot, whilst it is much cheaper. It is a fine fish, and is abundant in the London market.



THE BRILL.

TO CHOOSE BRILL.—The flesh of this fish, like that of turbot, should be of a yellowish tint, and should be chosen on account of its thickness. If the flesh has a bluish tint, it is not good.

CODEFISH.

231. Cod may be boiled whole; but a large head and shoulders are quite sufficient for a dish, and contain all that is usually helped, because, when the thick part is done, the tail is insipid and overdone. The latter, cut in slices, makes a very good dish for frying; or it may

be salted down and served with egg sauce and parsnips. Cod, when boiled quite fresh, is watery; salting a little, renders it firmer.



THE COD.

Their habits are gregarious, and they feed on smaller fish and other marine animals.

THE COD TRIBE.—The Jugular, characterized by bony gills, and ventral fins before the pectoral ones, commences the second of the Linnæan orders of fishes, and is a numerous tribe, inhabiting only the depths of the ocean, and seldom visiting the fresh waters. They have a smooth head, and the gill membrane has seven rays. The body is oblong, and covered with deciduous scales. The fins are all inclosed in skin, whilst their rays are unarmed. The ventral fins are slender, and terminate in a

COD'S HEAD AND SHOULDERS.

231. INGREDIENTS.—Sufficient water to cover the fish; 5 oz. of salt to each gallon of water.

Mode.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside of the fish, 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient cold water to cover it. Be very particular not to pour the water on the fish, as it is liable to break it, and only keep it just simmering. If the water should boil away, add a little by pouring it in at the side of the kettle, and not on the fish. Add salt in the above proportion, and bring it gradually to a boil. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Take it out and drain it; serve on a hot napkin, and garnish with cut lemon, ~~herbs~~, the roe and liver. (See Coloured Plate C.)

Time.—According to the size, $\frac{1}{2}$ an hour, more or less. *Average cost, from 3s. to 6s.*

Sufficient for 3 or 3 persons.

Seasonable from November to March.

Note.—Oyster sauce and plain melted butter should be served with this.

TO CHOOSE COD.—The cod should be chosen for the table when it is plump and round near the tail, when the hollow behind the head is deep, and when the sides are undulated as if they were ribbed. The glutinous parts about the head lose their delicate flavour, after the fish has been twenty-four hours out of the water. The great point by which the cod should be judged is the firmness of its flesh; and, although the cod is not firm when it is alive, its quality may be arrived at by pressing the finger into the flesh. If this rises immediately, the fish is good; if not, it is stale. Another sign of its goodness is, if the fish, when it is cut, exhibits a bronze appearance, like the silver side of a round of beef. When this is the case, the flesh will be firm when cooked. Stiffness in a cod, or in any other fish, is a sure sign of freshness, though not always of quality. Sometimes, codfish, though exhibiting signs

of rough usage, will eat much better than those with red gills, so strongly recommended by many cookery-books. This appearance is generally caused by the fish having been knocked about at sea, in the well-boats, in which they are conveyed from the fishing-grounds to market.

SALT COD, COMMONLY CALLED "SALT-FISH."

233. **INGREDIENTS.**—Sufficient water to cover the fish.

Mode.—Wash the fish, and lay it all night in water, with a $\frac{1}{2}$ pint of vinegar. When thoroughly soaked, take it out, see that it is perfectly clean, and put it in the fish-kettle with sufficient cold water to cover it. Heat it gradually, but do not let it boil much, or the fish will be hard. Skim well, and when done, drain the fish and put it on a napkin garnished with hard-boiled eggs cut in rings.

Time.—About 1 hour. *Average cost*, 6d. per lb.

Seasonable in the spring.

Sufficient for each person, $\frac{1}{2}$ lb.

Note.—Serve with egg sauce and parsnips. This is an especial dish on Ash-Wednesday.

PRESERVING COD.—Immediately as the cod are caught, their heads are cut off. They are then opened, cleaned, and salted, when they are stowed away in the hold of the vessel, in beds of five or six yards square, head to tail, with a layer of salt to each layer of fish. When they have lain in this state three or four days, in order that the water may drain from them, they are shifted into a different part of the vessel, and again salted. Here they remain till the vessel is loaded, when they are sometimes cut into thick pieces and packed in barrels for the greater convenience of carriage.

ODD SOUNDS

Should be well soaked in salt and water, and thoroughly washed before dressing them. They are considered a great delicacy, and may either be broiled, fried, or boiled: if they are boiled, mix a little milk with the water.

COD SOUNDS, EN POULE.

234. **INGREDIENTS.**—For forcemeat, 12 chopped oysters, 3 chopped anchovies, $\frac{1}{2}$ lb. of bread crumbs, 1 oz. of butter, 2 eggs; seasoning of salt, pepper, nutmeg, and mace to taste; 4 cod sounds.

Mode.—Make the forcemeat by mixing the ingredients well together. Wash the sounds, and boil them in milk and water for $\frac{1}{2}$ an hour; take them out and let them cool. Cover each with a layer of forcemeat, roll them up in a nice form, and skewer them. Rub over with lard, dredge with flour, and cook them gently before the fire in a Dutch oven.

Time.—1 hour. *Average cost*, 6d. per lb.

Seasonable from November to March. Sufficient for 4 persons.

THE SOUNDS IN CODFISH.—These are the air or swimming bladders, by means of which the fishes are enabled to ascend or descend in the water. In the Newfoundland fishery they are taken out previous to incipient putrefaction, washed from their slime and salted for exportation. The tongues are also cured and packed up in barrels; whilst, from the livers, considerable quantities of oil are extracted, this oil having been found possessed of the most nourishing properties, and particularly beneficial in cases of pulmonary affections.

C O D P I E.

(*Economical.*)

I.

235. **INGREDIENTS.**—Any remains of cold cod, 12 oysters, sufficient melted butter to moisten it; mashed potatoes enough to fill up the dish.

Mode.—Flake the fish from the bone, and carefully take away all the skin. Lay it in a pie-dish, pour over the melted butter and oysters (or oyster sauce, if there is any left), and cover with mashed potatoes. Bake for $\frac{1}{2}$ an hour, and send to table of a nice brown colour.

Time.— $\frac{1}{2}$ hour.

Seasonable from November to March.

II.

236. **INGREDIENTS.**—2 slices of cod; pepper and salt to taste; $\frac{1}{2}$ a teaspoonful of grated nutmeg, 1 large blade of pounded mace, 2 oz. of butter, $\frac{1}{2}$ pint of stock No. 107, a paste crust (*see Pastry*). For sauce, 1 tablespoonful of stock, $\frac{1}{2}$ pint of cream or milk, thickening of flour or butter; lemon-peel chopped very fine to taste; 12 oysters.

Mode.—Lay the cod in salt for 4 hours, then wash it and place it in a dish; season, and add the butter and stock; cover with the crust, and bake for 1 hour, or rather more. Now make the sauce, by mixing the ingredients named above; give it one boil, and pour it into the pie by a hole made at the top of the crust, which can easily be covered by a small piece of pastry cut and baked in any fanciful shape—such as a leaf, or otherwise.

Time.— $1\frac{1}{2}$ hour. *Average cost*, with fresh fish, 2s. 6d.

Seasonable from November to March.

Sufficient for 6 persons.

Note.—The remains of cold fish may be used for this pie.

CURRIED COD.

237. **INGREDIENTS.**—2 slices of large cod, or the remains of any cold fish; 3 oz. of butter, 1 onion sliced, a teacupful of white stock, thick-

ening of butter and flour, 1 tablespoonful of curry-powder, $\frac{1}{2}$ pint of cream, salt and cayenne to taste.

Mode.—Flake the fish, and fry it of a nice brown colour with the butter and onions; put this in a stewpan, add the stock and thickening, and simmer for 10 minutes. Stir the curry-powder into the cream; put it, with the seasoning, to the other ingredients; give one boil, and serve.

Time.— $\frac{3}{4}$ hour. *Average cost*, with fresh fish, 3s.

Seasonable from November to March.

Sufficient for 4 persons.

THE FOOD OF THE COD.—This chiefly consists of the smaller species of the scaly tribes, shell-fish, crabs, and worms. Their voracity is very great, and they will bite at any small body they see moved by the water, even stones and pebbles, which are frequently found in their stomachs. They sometimes attain a great size, but their usual weight is from 14 to 40 lbs.

COD A LA CREME.

238. **INGREDIENTS.**—1 large slice of cod, 1 oz. of butter, 1 chopped shalot, a little minced parsley, $\frac{1}{2}$ teacupful of white stock, $\frac{1}{2}$ pint of milk or cream, flour to thicken, cayenne and lemon-juice to taste, $\frac{1}{4}$ teaspoonful of powdered sugar.

Mode.—Boil the cod, and while hot, break it into flakes; put the butter, shalot, parsley, and stock into a stewpan, and let them boil for 5 minutes. Stir in sufficient flour to thicken, and pour to it the milk or cream. Simmer for 10 minutes, add the cayenne and sugar, and, when liked, a little lemon-juice. Put the fish in the sauce to warm gradually, but do not let it boil. Serve in a dish garnished with croutons.

Time.—Rather more than $\frac{1}{2}$ hour. *Average cost*, with cream, 2s.

Seasonable from November to March.

Sufficient for 3 persons.

Note.—The remains of fish from the preceding day answer very well for this dish.

COD A LA BECHAMEL.

239. **INGREDIENTS.**—Any remains of cold cod, 4 tablespoonfuls of béchamel (*see Sauces*), 2 oz. butter; seasoning to taste of pepper and salt; fried bread, a few bread crumbs.

Mode.—Flake the cod carefully, leaving out all skin and bone; put the béchamel in a stewpan with the butter, and stir it over the fire till the latter is melted; add seasoning, put in the fish, and mix it well with the sauce. Make a border of fried bread round the dish, lay in the fish, sprinkle over with bread crumbs, and baste with

butter. Brown either before the fire or with a salamander, and garnish with toasted bread cut in fanciful shapes.

Time.— $\frac{1}{2}$ hour.

Average cost, exclusive of the fish, 6*d.*

THE HABITAT OF THE COD.—This fish is found only in the seas of the northern parts of the world, between the latitudes of 45° and 60°. Its great rendezvous are the sand-banks of Newfoundland, Nova Scotia, Cape Breton, and New England. These places are its favourite resorts; for there it is able to obtain great quantities of worms, a food peculiarly grateful to it. Another cause of its attachment to these places has been said to be on account of the vicinity to the Polar seas, where it returns to spawn. Few are taken north of Iceland, and the shoals never reach so far south as the Straits of Gibraltar. Many are taken on the coasts of Norway, in the Baltic, and off the Orkneys, which, prior to the discovery of Newfoundland, formed one of the principal fisheries. The London market is supplied by those taken between the Dogger Bank, the Well Bank, and Cromer, on the east coast of England.

COD A LA MAITRE D'HOTEL.

240. **INGREDIENTS.**—2 slices of cod, $\frac{1}{2}$ lb. of butter, a little chopped shalot and parsley; pepper to taste, $\frac{1}{2}$ teaspoonful of grated nutmeg, or rather less, when the flavour is not liked; the juice of $\frac{1}{2}$ lemon.

Mode.—Boil the cod, and either leave it whole, or, what is still better, flake it from the bone, and take off the skin. Put it into a stewpan with the butter, parsley, shalot, pepper, and nutmeg. Melt the butter gradually, and be very careful that it does not become like oil. When all is well mixed and thoroughly hot, add the lemon-juice, and serve.

Time.— $\frac{1}{2}$ hour. *Average cost*, 2*s.* 6*d.*; with remains of cold fish, 5*d.*

Seasonable from November to March.

Sufficient for 4 persons.

Note.—Cod that has been left will do for this.

THE SEASON FOR FISHING COD.—The best season for catching cod is from the beginning of February to the end of April; and although each fisherman engaged in taking them, catches no more than one at a time, an expert hand will sometimes take four hundred in a day. The employment is excessively fatiguing, from the weight of the fish as well as from the coldness of the climate.

COD A L'ITALIENNE.

241. **INGREDIENTS.**—2 slices of crimped cod, 1 shalot, 1 slice of ham minced very fine, $\frac{1}{2}$ pint of white stock, No. 107; when liked, $\frac{1}{2}$ teacupful of cream; salt to taste; a few drops of garlic vinegar; a little lemon-juice, $\frac{1}{2}$ teaspoonful of powdered sugar.

Mode.—Chop the shalots, mince the ham very fine, pour on the stock, and simmer for 15 minutes. If the colour should not be good, add cream in the above proportion, and strain it through a fine sieve; season it, and put in the vinegar, lemon-juice, and sugar. Now boil the cod, take out the middle bone, and skin it; put it on the dish without breaking, and pour the sauce over it.

Time.— $\frac{3}{4}$ hour. *Average cost*, 3s. 6d., with fresh fish.

Seasonable from November to March.

Sufficient for 4 persons.

THE FRIENDLY OF THE COD.—In our preceding remarks on the natural history of fishes, we have spoken of the amazing fruitfulness of this fish; but in this we see one more instance of the wise provision which Nature has made for supplying the wants of man. So extensive has been the consumption of this fish, that it is surprising that it has not long ago become extinct; which would certainly have been the case, had it not been for its wonderful powers of reproduction. "So early as 1368," says Dr. Cloquet, "the inhabitants of Amsterdam had dispatched fishermen to the coast of Sweden; and in the first quarter of 1792, from the ports of France only, 210 vessels went out to the cod-fisheries. Every year, however, upwards of 10,000 vessels, of all nations, are employed in this trade, and bring into the commercial world more than 40,000,000 of salted and dried cod. If we add to this immense number, the havoc made among the legions of cod by the larger sealy tribes of the great deep, and take into account the destruction to which the young are exposed by sea-fowls and other inhabitants of the sea, besides the myriads of their eggs destroyed by accident, it becomes a miracle to find that such mighty multitudes of them are still in existence, and ready to continue the exhaustless supply. Yet it ceases to excite our wonder when we remember that the female can every year give birth to more than 9,000,000 at a time."

BAKED CARP.

242. **INGREDIENTS.**—1 carp, forcemeat, bread crumbs, 1 oz. butter, $\frac{1}{2}$ pint of stock No. 105, $\frac{1}{2}$ pint of port wine, 6 anchovies, 2 onions sliced, 1 bay-leaf, a faggot of sweet herbs, flour to thicken, the juice of 1 lemon; cayenne and salt to taste; $\frac{1}{2}$ teaspoonful of powdered sugar.

Mode.—Stuff the carp with a delicate forcemeat, after thoroughly cleansing it, and sew it up, to prevent the stuffing from falling out. Rub it over with an egg, and sprinkle it with bread crumbs, lay it in a deep earthen dish, and drop the butter, oiled, over the bread crumbs. Add the stock, onions, bay-leaf, herbs, wine, and anchovies, and bake for 1 hour. Put 1 oz. of butter into a stewpan, melt it, and dredge in sufficient flour to dry it up; put in the strained liquor from the carp, stir ~~thoroughly~~, and when it has boiled, add the lemon-juice and seasoning. Serve the carp on a dish garnished with parsley and cut lemon, and the sauce in a boat.

Time.— $1\frac{1}{2}$ hour. *Average cost.* Seldom bought.

Seasonable from March to October.

Sufficient for 1 or 2 persons.

THE CARP.—This species of fish inhabit the fresh waters, where they feed on worms, insects, aquatic plants, small fish, clay, or mould. Some of them are migratory. They have very small mouths and no teeth, and the gill membrane has three rays. The body is smooth, and generally whitish. The carp both grows and increases every fast, and is accounted the most valuable of all fish for the stocking of ponds. It has been pronounced the queen of river-fish, and was first introduced to this country about three hundred years ago. Of its sound, or air-bladder, a kind of glue is made, and a green paint of its gall.



THE CARP.

STEWED CARP.

243. **INGREDIENTS.**—1 carp, salt, stock No. 105, 2 onions, 6 cloves, 12 peppercorns, 1 blade of mace, $\frac{1}{2}$ pint of port wine, the juice of $\frac{1}{2}$ lemon, cayenne and salt to taste, a faggot of savoury herbs.

Mode.—Scale the fish, clean it nicely, and, if very large, divide it; lay it in the stewpan, after having rubbed a little salt on it, and put in sufficient stock to cover it; add the herbs, onions, and spices, and stew gently for 1 hour, or rather more, should it be very large. Dish up the fish with great care, strain the liquor, and add to it the port wine, lemon-juice, and cayenne; give one boil, pour it over the fish, and serve.

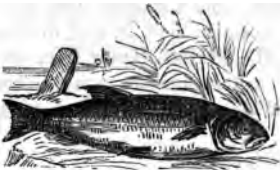
Time.— $1\frac{1}{2}$ hour. *Average cost.* Seldom bought.

Seasonable from March to October.

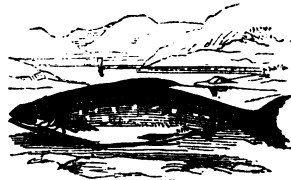
Sufficient for 1 or 2 persons.

Note.—This fish can be boiled plain, and served with parsley and butter. Chub and Char may be cooked in the same manner as the above, as also Dace and Roach.

THE AGE OF CARP.—This fish has been found to live 150 years. The pond in the garden of Emmanuel College, Cambridge, contained one that had lived there 70 years, and Gesner mentions an instance of one 100 years old. They are, besides, capable of being tamed. Dr. Smith, in his "Tour on the Continent," says, in reference to the prince of Condé's seat at Chantilly, "The most pleasing things about it were the immense shoals of very large carp, silvered over with age, like silver-fish, and perfectly tame; so that, when any passengers approached their watery habitation, they used to come to the shore in such numbers as to heave each other out of the water, begging for bread, of which a quantity was always kept at hand, on purpose to feed them. They would even allow themselves to be handled."



THE CHUB.



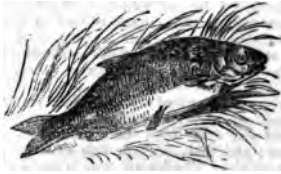
THE CHAR.

THE CHUB.—This fish takes its name from its head, not only in England, but in other countries. It is a river-fish, and resembles the carp, but is somewhat longer. Its flesh is not in much esteem, being coarse, and, when out of season, full of small hairy bones. The head and throat are the best parts. The roe is also good.

THE CHAR.—This is one of the most delicious of fish, being esteemed by some superior to the salmon. It is an inhabitant of the deep lakes of mountainous countries. Its flesh is rich and red, and full of fat. The largest and best kind is found in the lakes of Westmoreland, and, as it is considered a rarity, it is often potted and preserved.

THE DACE, OR DARR.—This fish is gregarious, and is seldom above ten inches long; although, according to Linnæus, it grows a foot and a half in length. Its haunts are in deep water, near piles of bridges, where the stream is gentle, over gravelly, sandy, or clayey bottoms; deep holes that are shaded, water-lily leaves, and under the foam caused by an eddy. In the warm months they are to be found in shoals on the shallows near to streams. They are in season about the end of April, and gradually improve till

February, when they attain their highest condition. In that month, when just taken, scotched (crimped), and broiled, they are said to be more palatable than a fresh herring.



THE DACE.



THE ROACH.

THE ROACH.—This fish is found throughout Europe, and the western parts of Asia, in deep still rivers, of which it is an inhabitant. It is rarely more than a pound and a half in weight, and is in season from September till March. It is plentiful in England, and the finest are caught in the Thames. The proverb, "as sound as a roach," is derived from the French name of this fish being *roche*, which also means rock.

TO DRESS CRAB.

244. **INGREDIENTS.**—1 crab, 2 tablespoonfuls of vinegar, 1 ditto of oil; salt, white pepper, and cayenne, to taste.

Mode.—Empty the shells, and thoroughly mix the meat with the above ingredients, and put it in the large shell. Garnish with slices of cut lemon and parsley. The quantity of oil may be increased when it is much liked. (See Coloured Plate I.)

Average cost, from 10*d.* to 2*s.*

Seasonable all the year; but not so good in May, June, and July.

Sufficient for 3 persons.

TO CHOOSE CRAB.—The middle-sized crab is the best; and the crab, like the lobster, should be judged by its weight; for if light, it is watery.

HOT CRAB.

245. **INGREDIENTS.**—1 crab, nutmeg, salt and pepper to taste, 3 oz. of butter, $\frac{1}{4}$ lb. of bread crumbs, 3 tablespoonfuls of vinegar.

Mode.—After having boiled the crab, pick the meat out from the shells, and mix with it the nutmeg and seasoning. Cut up the butter in small pieces, and add the bread crumbs and vinegar. Mix altogether, put the whole in the large shell, and brown before the fire or with a salamander.

Time.—1 hour. *Average cost*, from 10*d.* to 2*s.*

Seasonable all the year; but not so good in May, June, and July.

Sufficient for 3 persons.

THE CRAB TRIBE.—The whole of this tribe of animals have the body covered with a hard and strong shell, and they live chiefly in the sea. Some, however, inhabit fresh

waters, and a few live upon land. They feed variously, on aquatic or marine plants, small fish, molluscs, or dead bodies. The *black-clawed species*



THE CRAB.

is found on the rocky coasts of both Europe and India, and is the same that is introduced to our tables, being much more highly esteemed as a food than many others of the tribe. The most remarkable feature in their history, is the changing of their shells, and the regeneration of their broken claws. The former occurs *once a year, usually between Christmas and Easter*, when the crab retires to a *cellar* in the rocks, or conceal themselves under great stones. Fishermen say that they will live confined in a pot or basket for several months together, without any other food than what is collected from the sea-water; and that, even in this situation, they will not decrease in weight. The *hermit crab* is another of the species, and has the peculiarity of taking possession of the deserted shell of some other animal, as it has none of its own. This circumstance was known to the ancients, and is alluded to in the following lines from Oppian:—

The hermit fish, unarm'd by Nature, left
Helpless and weak, grow strong by harmless theft.
Fearful they stroll, and look with pining wish
For the cast crust of some new-cover'd fish;
Or such as empty lie, and deck the shore,
Whose first and rightful owners are no more.
They make glad seizure of the vacant room,
And count the borrow'd shell their native home;
Screw their soft limbs to fit the winding case,
And boldly herd with the crustaceous race.

CRAYFISH.

246. Crayfish should be thrown into boiling water, to which has been added a good seasoning of salt and a little vinegar. When done, which will be in $\frac{1}{4}$ hour, take them out and drain them. Let them cool, arrange them on a napkin, and garnish with plenty of double parsley.

Note.—This fish is frequently used for garnishing boiled turkey, boiled fowl, calf's head, turbot, and all kinds of boiled fish.

POTTED CRAYFISH.

247. INGREDIENTS.—100 crayfish; pounded mace, pepper and salt to taste, 2 oz. butter.

Mode.—Boil the fish in salt and water; pick out all the meat and pound it in a mortar to a paste. Whilst pounding; add the butter gradually, and mix in the spice and seasoning. Put it in small pots, and pour over it clarified butter, carefully excluding the air.

Time.—15 minutes to boil the crayfish. *Average cost, 2s. 9d.*

Seasonable all the year.

JOHN DORY.

248. INGREDIENTS.— $\frac{1}{4}$ lb. of salt to each gallon of water.

Mode.—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in

firmness, but not in richness. Cleanse it thoroughly and cut off the fins; lay it in a fish-kettle, cover with cold water, and add salt in the above proportion. Bring it gradually to a boil, and simmer gently for $\frac{1}{2}$ hour, or rather longer, should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter, should be sent to table with it.

Time.—After the water boils, $\frac{1}{2}$ to $\frac{1}{2}$ hour, according to size.

Average cost, 3s. to 5s.

Seasonable all the year, but best from September to January.

Note.—Small John Dories are very good, baked.

THE DORY, or JOHN DORY.—This fish is of a yellowish golden colour, and is, in general, rare, although it is sometimes taken in abundance on the Devon and Cornish coasts. It is highly esteemed for the table, and its flesh, when dressed, is of a beautiful clear white. When fresh caught, it is tough, and, being a ground fish, it is not the worse for being kept two, or even three days before it is cooked.



THE JOHN DORY.

BOILED EELS.

249. **INGREDIENTS.**—4 small eels, sufficient water to cover them; a large bunch of parsley.

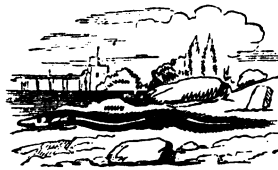
Mode.—Choose small eels for boiling; put them in a stewpan with the parsley, and just sufficient water to cover them; simmer till tender. Take them out, pour a little parsley and butter over them, and serve some in a tureen.

Time.— $\frac{1}{2}$ hour. *Average cost*, 6d. per lb.

Seasonable from June to March.

Sufficient for 4 persons.

THE EEL TRIBE.—The Apodal, or bony-gilled and ventral-finned fish, of which the eel forms the first Linnæan tribe, in their general aspect and manners, approach, in some instances, very nearly to serpents. They have a smooth head and slippery skin, are in general naked, or covered with such small, soft, and distant scales, as are scarcely visible. Their bodies are long and slender, and they are supposed to subsist entirely on animal substances. There are about nine species of them, mostly found in the sea. One of them frequents our fresh waters, and three of the others occasionally pay a visit to our shores.



THE EEL.

STEWED EELS.

I.

250. **INGREDIENTS.**—2 lbs. of eels, 1 pint of rich strong stock,

No. 104, 1 onion, 3 cloves, a piece of lemon-peel, 1 glass of port or Madeira, 3 tablespoonfuls of cream; thickening of flour; cayenne and lemon-juice to taste.

Mode.—Wash and skin the eels, and cut them into pieces about 3 inches long; pepper and salt them, and lay them in a stewpan; pour over the stock, add the onion stuck with cloves, the lemon-peel, and the wine. Stew gently for $\frac{1}{2}$ hour, or rather more, and lift them carefully on a dish, which keep hot. Strain the gravy, stir to the cream sufficient flour to thicken; mix altogether, boil for 2 minutes, and add the cayenne and lemon-juice; pour over the eels and serve.

Time.— $\frac{3}{4}$ hour. *Average cost* for this quantity, 2s. 3d.

Seasonable from June to March.

Sufficient for 5 or 6 persons.

THE COMMON EEL.—This fish is known frequently to quit its native element, and to set off on a wandering expedition in the night, or just about the close of day, over the meadows, in search of snails and other prey. It also, sometimes, betakes itself to isolated ponds, apparently for no other pleasure than that which may be supposed to be found in a change of habitation. This, of course, accounts for eels being found in waters which were never suspected to contain them. This rambling disposition in the eel has been long known to naturalists, and, from the following lines, it seems to have been known to the ancients:—

“ Thus the mail’d tortoise, and the wand’ring eel,
Oft to the neighbouring beach will silent steal.”

II.

251. **INGREDIENTS.**—2 lbs. of middling-sized eels, 1 pint of medium stock, No. 105, $\frac{1}{2}$ pint of port wine; salt, cayenne, and mace to taste; 1 teaspoonful of essence of anchovy, the juice of $\frac{1}{2}$ a lemon.

Mode.—Skin, wash, and clean the eels thoroughly; cut them into pieces 3 inches long, and put them into strong salt and water for 1 hour; dry them well with a cloth, and fry them brown. Put the stock on with the heads and tails of the eels, and simmer for $\frac{1}{2}$ hour; strain it, and add all the other ingredients. Put in the eels, and stew gently for $\frac{1}{2}$ hour, when serve.

Time.—2 hours. *Average cost*, 1s. 9d.

Seasonable from June to March.

Sufficient for 5 or 6 persons.

FRIED EELS.

252. **INGREDIENTS.**—1 lb. of eels, 1 egg, a few bread crumbs, hot lard.

Mode.—Wash the eels, cut them into pieces 3 inches long, trim and wipe them very dry; dredge with flour, rub them over with egg, and cover with bread crumbs; fry of a nice brown in hot lard. If the

eels are small, curl them round, instead of cutting them up. Garnish with fried parsley.

Time.—20 minutes, or rather less. *Average cost*, 6d. per lb.

Seasonable from June to March.

Note.—Garfish may be dressed like eels, and either broiled or baked.

THE PRODUCTIVENESS OF THE EEL.—"Having occasion," says Dr. Anderson, in the *Bee*, "to be once on a visit to a friend's house on Dee-side, in Aberdeenshire, I frequently delighted to walk by the banks of the river. I, one day, observed something like a black string moving along the edge of the water, where it was quite shallow. Upon closer inspection, I discovered that this was a shoal of young eels, so closely joined together as to appear, on a superficial view, one continued body, moving briskly up against the stream. To avoid the retardment they experienced from the force of the current, they kept close along the water's edge the whole of the way, following all the bendings and sinuosities of the river. Where they were embayed, and in still water, the shoal dilated in breadth, so as to be sometimes nearly a foot broad; but when they turned a cape, where the current was strong, they were forced to occupy less space and press close to the shore, struggling very hard till they passed it. This shoal continued to move on, night and day without interruption for several weeks. Their progress might be at the rate of about a mile an hour. It was easy to catch the animals, though they were very active and nimble. They were eels perfectly well formed in every respect, but not exceeding two inches in length. I conceive that the shoal did not contain, on an average, less than from twelve to twenty in breadth; so that the number that passed, on the whole, must have been very great. Whence they came or whither they went, I know not; but the place where I saw this, was six miles from the sea."

EEL PIE.

253. **INGREDIENTS.**—1 lb. of eels, a little chopped parsley, 1 shalot; grated nutmeg; pepper and salt to taste; the juice of $\frac{1}{2}$ a lemon, small quantity of forcemeat, $\frac{1}{4}$ pint of béchamel (*see Sauces*); puff paste.

Mode.—Skin and wash the eels, cut them into pieces 2 inches long, and line the bottom of the pie-dish with forcemeat. Put in the eels, and sprinkle them with the parsley, shalots, nutmeg, seasoning, and lemon-juice, and cover with puff-paste. Bake for 1 hour, or rather more; make the béchamel hot, and pour it into the pie.

Time.—Rather more than 1 hour.

Seasonable from August to March.

COLLARED EEL.

254. **INGREDIENTS.**—1 large eel; pepper and salt to taste; 2 blades of mace, 2 cloves, a little allspice very finely pounded, 6 leaves of sage, and a small bunch of herbs minced very small.

Mode.—Bone the eel and skin it; split it, and sprinkle it over with the ingredients, taking care that the spices are very finely pounded, and the herbs chopped very small. Roll it up and bind with a broad piece of tape, and boil it in water, mixed with a little salt and vinegar, till tender. It may either be served whole or cut in slices;

and when cold, the eel should be kept in the liquor it was boiled in, but with a little more vinegar put to it.

Time.—2 hours. *Average cost, 6d. per lb.*

Seasonable from August to March.

HABITS OF THE EEL.—These are usually in mud, among weeds, under roots or stumps of trees, or in holes in the banks or the bottoms of rivers. Here they often grow to an enormous size, sometimes weighing as much as fifteen or sixteen pounds. They seldom come forth from their hiding-places except in the night; and, in winter, bury themselves deep in the mud, on account of their great susceptibility of cold.

EELS A LA TARTARE.

255. **INGREDIENTS.**—2 lbs. of eels, 1 carrot, 1 onion, a little flour, 1 glass of sherry; salt, pepper, and nutmeg to taste; bread crumbs, 1 egg, 2 tablespoonsfuls of vinegar.

Mode.—Rub the butter on the bottom of the stewpan; cut up the carrot and onion, and stir them over the fire for 5 minutes; dredge in a little flour, add the wine and seasoning, and boil for $\frac{1}{2}$ an hour. Skin and wash the eels, cut them into pieces, put them to the other ingredients, and simmer till tender. When they are done, take them out, let them get cold, cover them with egg and bread crumbs, and fry them of a nice brown. Put them on a dish, pour sauce piquante over, and serve them hot.

Time.— $1\frac{1}{2}$ hour. *Average cost, 1s. 8d., exclusive of the sauce piquante.*

Seasonable from August to March. *Sufficient* for 5 or 6 persons.

VORACITY OF THE EEL.—We find in a note upon Isaac Walton, by Sir John Hawkins, that he knew of eels, when kept in ponds, frequently destroying ducks. From a canal near his house at Twickenham he himself missed many young ducks; and on draining, in order to clean it, great numbers of large eels were caught in the mud. When some of these were opened, there were found in their stomachs the undigested heads of the quacking tribe which had become their victims.

EELS EN MATELOTE.

256. **INGREDIENTS.**—5 or 6 young onions, a few mushrooms, when obtainable; salt, pepper, and nutmeg to taste; 1 laurel-leaf, $\frac{1}{2}$ pint of port wine, $\frac{1}{2}$ pint of medium stock, No. 105; butter and flour to thicken; 2 lbs. of eels.

Mode.—Rub the stewpan with butter, dredge in a little flour, add the onions cut very small, slightly brown them, and put in all the other ingredients. Wash, and cut up the eels into pieces 3 inches long; put them in the stewpan, and simmer for $\frac{1}{2}$ hour. Make round the dish, a border of croûtons, or pieces of toasted bread; arrange the eels in a pyramid in the centre, and pour over the sauce. Serve very hot.

Time.— $\frac{3}{4}$ hour. *Average cost, 1s. 9d. for this quantity.*

Seasonable from August to March. *Sufficient* for 5 or 6 persons.

TENACITY OF LIFE IN THE EEL.—There is no fish so tenacious of life as this. After it is skinned and cut in pieces, the parts will continue to move for a considerable time, and no fish will live so long out of water.

THE LAMPREY.—With the Romans, this fish occupied a respectable rank among the piscine tribes, and in Britain it has at various periods stood high in public favour. It was the cause of the death of Henry I. of England, who ate so much of them, that it brought on an attack of indigestion, which carried him off. It is an inhabitant of the sea, ascending rivers, principally about the end of winter, and, after passing a few months in fresh water, returning again to its oceanic residence. It is most in season in March, April, and May, but is, by some, regarded as an unwholesome food, although looked on by others as a great delicacy. They are dressed as eels.



THE LAMPREY.

FISH AND OYSTER PIE.

257. INGREDIENTS.—Any remains of cold fish, such as cod or haddock; 2 dozen oysters, pepper and salt to taste, bread crumbs sufficient for the quantity of fish; $\frac{1}{2}$ teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley.

Mode.—Clear the fish from the bones, and put a layer of it in a pie-dish, which sprinkle with pepper and salt; then a layer of bread crumbs, oysters, nutmeg, and chopped parsley. Repeat this till the dish is quite full. You may form a covering either of bread crumbs, which should be browned, or puff-paste, which should be cut into long strips, and laid in cross-bars over the fish, with a line of the paste first laid round the edge. Before putting on the top, pour in some made melted butter, or a little thin white sauce, and the oyster-liquor, and bake.

Time.—If made of cooked fish, $\frac{1}{2}$ hour; if made of fresh fish and puff-paste, $\frac{3}{4}$ hour.

Average cost, 1s. 6d.

Seasonable from September to April.

Note.—A nice little dish may be made by flaking any cold fish, adding a few oysters, seasoning with pepper and salt, and covering with mashed potatoes; $\frac{1}{2}$ hour will bake it.

FISH CAKE.

258. INGREDIENTS.—The remains of any cold fish, 1 onion, 1 faggot of sweet herbs; salt and pepper to taste, 1 pint of water, equal quantities of bread crumbs and cold potatoes, $\frac{1}{2}$ teaspoonful of parsley, 1 egg, bread crumbs.

Mode.—Pick the meat from the bones of the fish, which latter put, with the head and fins, into a stewpan with the water; add pepper and salt, the onion and herbs, and stew slowly for gravy about 2 hours; chop the fish fine, and mix it well with bread crumbs and cold

potatoes, adding the parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread crumbs, and fry of a light brown; strain the gravy, pour it over, and stew gently for $\frac{1}{2}$ hour, stirring it carefully once or twice. Serve hot, and garnish with slices of lemon and parsley.

Time.— $\frac{1}{2}$ hour, after the gravy is made.

BOILED FLOUNDERS.

259. **INGREDIENTS.**—Sufficient water to cover the flounders, salt in the proportion of 6 oz. to each gallon, a little vinegar.

Mode.—Put on a kettle with enough water to cover the flounders, lay in the fish, add salt and vinegar in the above proportions, and when it boils, simmer very gently for 5 minutes. They must not boil fast, or they will break. Serve with plain melted butter, or parsley and butter.



FLOUNDERS.

Time.—After the water boils, 5 minutes. *Average cost*, 3d. each.

Seasonable from August to November.

THE FLOUNDER.—This comes under the tribe usually denominated Flat-fish, and is generally held in the smallest estimation of any among them. It is an inhabitant of both the seas and the rivers, while it thrives in ponds. On the English coasts it is very abundant, and the London market consumes it in large quantities.

It is considered easy of digestion, and the Thames flounder is esteemed a delicate fish.

FRIED FLOUNDERS.

260. **INGREDIENTS.**—Flounders, egg, and bread crumbs; boiling lard.

Mode.—Cleanse the fish, and, two hours before they are wanted, rub them inside and out with salt, to render them firm; wash and wipe them very dry, dip them into egg, and sprinkle over with bread crumbs; fry them in boiling lard, dish on a hot napkin, and garnish with crisped parsley.

Time.—From 5 to 10 minutes, according to size.

Average cost, 3d. each.

Seasonable from August to November.

Sufficient, 1 for each person.

GUDGEONS.

261. **INGREDIENTS.**—Egg and bread crumbs sufficient for the quantity of fish; hot lard.

Mode.—Do not scrape off the scales, but take out the gills and

inside, and cleanse thoroughly; wipe them dry, flour and dip them into egg, and sprinkle over with bread crumbs. Fry of a nice brown.

Time.—3 or 4 minutes. *Average cost.* Seldom bought.

Seasonable from March to July.

Sufficient, 3 for each person.

THE GUDGEON.—This is a fresh-water fish, belonging to the carp genus, and is found in placid streams and lakes. It was highly esteemed by the Greeks, and was, at the beginning of supper, served fried at Rome. It abounds both in France and Germany; and is both excellent and numerous in some of the rivers of England. Its flesh is firm, well-flavoured, and easily digested.



THE GUDGEON.

GURNET, or GURNARD.

262. **INGREDIENTS.**—1 gurnet, 6 oz. of salt to each gallon of water.

Mode.—Cleanse the fish thoroughly, and cut off the fins; have ready some boiling water, with salt in the above proportion; put the fish in, and simmer very gently for $\frac{1}{2}$ hour. Parsley and butter, or anchovy sauce, should be served with it.

Time.— $\frac{1}{2}$ hour. *Average cost.* Seldom bought.

Seasonable from October to March, but in perfection in October.

Sufficient, a middling sized one for 2 persons.

Note.—This fish is frequently stuffed with forcemeat and baked.



THE GURNET.

THE GURNET.—"If I be not ashamed of my soldiers, I am a souced gurnet," says Falstaff; which shows that this fish has been long known in England. It is very common on the British coasts, and is an excellent fish as food.

BAKED HADDOCKS.

263. **INGREDIENTS.**—A nice forcemeat (*see* Forcemeats), butter to taste, egg and bread crumbs.

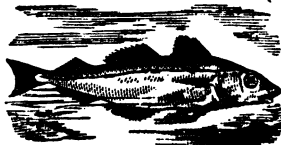
Mode.—Scale and clean the fish, without cutting it open much; put in a nice delicate forcemeat, and sew up the slit. Brush it over with egg, sprinkle over bread crumbs, and baste frequently with butter. Garnish with parsley and cut lemon, and serve with a nice brown gravy, plain melted butter, or anchovy sauce. The egg and bread crumbs can be omitted, and pieces of butter placed over the fish.

Time.—Large haddock, $\frac{3}{4}$ hour; moderate size, $\frac{1}{2}$ hour.

Seasonable from August to February.

Average cost, from 9d. upwards.

Note.—Haddocks may be filleted, rubbed over with egg and bread crumbs, and fried a nice brown; garnish with crisped parsley.



THE HADDOCK.

THE HADDOCK.—This fish migrates in immense shoals, and arrives on the Yorkshire coast about the middle of winter. It is an inhabitant of the northern seas of Europe, but does not enter the Baltic, and is not known in the Mediterranean. On each side of the body, just beyond the gills, it has a dark spot, which superstition asserts to be the impressions of the finger and thumb of St. Peter, when taking the tribute money out of a fish of this species.

St. Peter, when taking the tribute money out of a fish of this species.

BOILED HADDOCK.

264. **INGREDIENTS.**—Sufficient water to cover the fish; $\frac{1}{2}$ lb. of salt to each gallon of water.

Mode.—Scrape the fish, take out the inside, wash it thoroughly, and lay it in a kettle, with enough water to cover it, and salt in the above proportion. Simmer gently from 15 to 20 minutes, or rather more, should the fish be very large. For small haddocks, fasten the tails in their mouths, and put them into boiling water. 15 to 15 minutes will cook them. Serve with plain melted butter, or anchovy sauce.

Time.—Large haddock, $\frac{1}{2}$ hour; small, $\frac{1}{4}$ hour, or rather less.

Average cost, from 9d. upwards.

Seasonable from August to February.

WEIGHT OF THE HADDOCK.—The haddock seldom grows to any great size. In general, they do not weigh more than two or three pounds, or exceed ten or twelve inches in size. Such are esteemed very delicate eating; but they have been caught three feet long, when their flesh is coarse.

DRIED HADDOCK.

I.

265. Dried haddock should be gradually warmed through, either before or over a nice clear fire. Rub a little piece of butter over, just before sending it to table.

II.

266. **INGREDIENTS.**—1 large thick haddock, 2 bay-leaves, 1 small bunch of savoury herbs, not forgetting parsley, a little butter and pepper; boiling water.

Mode.—Cut up the haddock into square pieces, make a basin hot by means of hot water, which pour out. Lay in the fish, with the bay-leaves and herbs; cover with boiling water; put a plate over to keep in the steam, and let it remain for 10 minutes. Take out the slices, put them in a hot dish, rub over with butter and pepper, and serve.

Time.—10 minutes. *Seasonable* at any time, but best in winter.

THE FINNAN HADDOCK.—This is the common haddock cured and dried, and takes its name from the fishing-village of Findhorn, near Aberdeen, in Scotland, where the art has long attained to perfection. The haddocks are there hung up for a day or two in the smoke of peat, when they are ready for cooking, and are esteemed, by the Scotch, a great delicacy. In London, an imitation of them is made by washing the fish over with pyroligneous acid, and hanging it up in a dry place for a few days.

RED HERRINGS, or YARMOUTH BLOATERS.

267. The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. The hard roe makes a nice relish by pounding it in a mortar, with a little anchovy, and spreading it on toast. If very dry, soak in warm water 1 hour before dressing.

THE RED HERRINGS.—Red herrings lie twenty-four hours in the brine, when they are taken out and hung up in a smoking-house formed to receive them. A brushwood fire is then kindled beneath them, and when they are sufficiently smoked and dried, they are put into barrels for carriage.

BAKED WHITE HERRINGS.

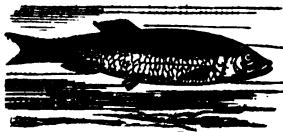
268. **INGREDIENTS.**—12 herrings, 4 bay-leaves, 12 cloves, 12 allspice, 2 small blades of mace, cayenne pepper and salt to taste, sufficient vinegar to fill up the dish.

Mode.—Take the herrings, cut off the heads, and gut them. Put them in a pie-dish, heads and tails alternately, and, between each layer, sprinkle over the above ingredients. Cover the fish with the vinegar, and bake for $\frac{1}{2}$ hour, but do not use it till quite cold. The herrings may be cut down the front, the backbone taken out, and cooked again. Sprats done in this way are very delicious.

Time.— $\frac{1}{2}$ an hour. *Average cost, 1d. each.*

TO CHOOSE THE HERRING.—The more scales this fish has, the surer the sign of its freshness. It should also have a bright and silvery look; but if red about the head, it is a sign that it has been dead for some time.

THE HERRING.—The herring tribe are found in the greatest abundance in the highest northern latitudes, where they find a quiet retreat, and security from their numerous enemies. Here they multiply beyond expression, and, in shoals, come forth from their icy region to visit other portions of the great deep. In June they are found about Shetland, whence they proceed down to the Orkneys, where they divide, and surround the islands of Great Britain and Ireland. The principal British herring-fisheries are off the Scotch and Norfolk coasts; and the fishing is always carried on by means of nets, which are usually laid at night; for, if stretched by day, they are supposed to frighten the fish away. The moment the herring is taken out of the water it dies. Hence the origin of the common saying, “dead as a herring.”



THE HERRING.

KEGEREE.

269. **INGREDIENTS.**—Any cold fish, 1 teaspoonful of boiled rice, 1 oz. of butter, 1 teaspoonful of mustard, 2 soft-boiled eggs, salt and cayenne to taste.

Mode.—Pick the fish carefully from the bones, mix with the other ingredients, and serve very hot. The quantities may be varied according to the amount of fish used.

Time.— $\frac{1}{4}$ hour after the rice is boiled.

Average cost, 5d., exclusive of the fish.

TO BOIL LOBSTERS.

270. **INGREDIENTS**.— $\frac{1}{4}$ lb. of salt to each gallon of water.

Mode.—Buy the lobsters alive, and choose those that are heavy and full of motion, which is an indication of their freshness. When the shell is incrustated, it is a sign they are old: medium-sized lobsters are the best. Have ready a stewpan of boiling water, salted in the above proportion; put in the lobster, and keep it boiling quickly from 20 minutes to $\frac{3}{4}$ hour, according to its size, and do not forget to skim well. If it boils too long, the meat becomes thready, and if not done enough, the spawn is not red: this must be obviated by great attention. Rub the shell over with a little butter or sweet oil, which wipe off again.

Time.—Small lobster, 20 minutes to $\frac{1}{2}$ hour; large ditto, $\frac{1}{2}$ to $\frac{3}{4}$ hour.

Average cost, medium size, 1s. 6d. to 2s. 6d.

Seasonable all the year, but best from March to October.

TO CHOOSE LOBSTERS.—This shell-fish, if it has been cooked alive, as it ought to have been, will have a stiffness in the tail, which, if gently raised, will return with a spring. Care, however, must be taken in thus proving it; for if the tail is pulled straight out, it will not return; when the fish might be pronounced inferior, which, in reality, may not be the case. In order to be good, lobsters should be weighty for their bulk; if light, they will be watery; and those of the medium size, are always the best. Small-sized lobsters are cheapest, and answer very well for sauce. In boiling lobsters, the appearance of the shell will be much improved by rubbing over it a little butter or salad-oil on being immediately taken from the pot.



THE LOBSTER.

THE LOBSTER.—This is one of the crab tribe, and is found on most of the rocky coasts of Great Britain. Some are caught with the hand, but the larger number in pots, which serve all the purposes of a trap, being made of osiers, and baited with garbage. They are shaped like a wire mousetrap; so that when the lobsters once enter them, they cannot get out again. They are fastened to a cord and sunk in the sea, and their place marked by a buoy. The fish is very prolific, and deposits its eggs in the sand, where they are soon hatched. On the coast of Norway, they are very abundant, and it is from there that the English metropolis is mostly supplied. They are rather indigestible, and, as a food, not so nutritive as they are generally supposed to be.

HOT LOBSTER.

271. **INGREDIENTS**.—1 lobster, 2 oz. of butter, grated nutmeg; salt, pepper, and pounded mace, to taste; bread crumbs, 2 eggs.

Mode.—Pound the meat of the lobster to a smooth paste with the butter and seasoning, and add a few bread crumbs. Beat the eggs, and make the whole mixture into the form of a lobster; pound the spawn, and sprinkle over it. Bake $\frac{1}{2}$ hour, and just before serving, lay over it the tail and body shell, with the small claws underneath, to resemble a lobster.

Time.— $\frac{1}{2}$ hour. *Average cost*, 2s. 6d.

Seasonable at any time.

Sufficient for 4 or 5 persons.

LOBSTER SALAD.

272. *INGREDIENTS.*—1 hen lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing, equal quantities of oil and vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs; cayenne and salt to taste; $\frac{1}{2}$ teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy-looking sauce.

Mode.—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly throw in the small salad. Mix all well together with the pickings from the body of the lobster; pick the meat from the shell, cut it up into nice square pieces, put half in the salad, the other half reserve for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs; chop the whites very fine, and rub the yolks through a sieve, and afterwards the coral from the inside. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolks and whites of the eggs, coral, and beetroot placed alternately, and arranged in small separate bunches, so that the colours contrast nicely.

Average cost, 3s. 6d. *Sufficient* for 4 or 5 persons.

Seasonable from April to October; may be had all the year, but salad is scarce and expensive in winter.

Note.—A few crayfish make a pretty garnishing to lobster salad.

THE SHELL OF THE LOBSTER.—Like the others of its tribe, the lobster annually casts its shell. Previously to its throwing off the old one, it appears sick, languid, and restless, but in the course of a few days it is entirely invested in its new coat of armour. Whilst it is in a defenceless state, however, it seeks some lonely place, where it may lie undisturbed, and escape the horrid fate of being devoured by some of its own species who have the advantage of still being encased in their mail.

LOBSTER (a la Mode Francaise).

273. *INGREDIENTS.*—1 lobster, 4 tablespoonfuls of white stock, 2 tablespoonfuls of cream, pounded mace, and cayenne to taste; bread crumbs.

Mode.—Pick the meat from the shell, and cut it up into small square pieces; put the stock, cream, and seasoning into a stewpan, add the lobster, and let it simmer gently for 6 minutes. Serve it in the shell, which must be nicely cleaned, and have a border of puff-paste; cover it with bread crumbs, place small pieces of butter over, and brown before the fire, or with a salamander.

Time.— $\frac{1}{4}$ hour. *Average cost*, 2s. 6d.

Seasonable at any time.

CCELERITY OF THE LOBSTER.—In its element, the lobster is able to run with great speed upon its legs, or small claws, and, if alarmed, to spring, tail foremost, to a considerable distance, "even," it is said, "with the swiftness of a bird flying." Fishermen have seen some of them pass about thirty feet with a wonderful degree of swiftness. When frightened, they will take their spring, and, like a chamois of the Alps, plant themselves upon the very spot upon which they designed to hold themselves.

LOBSTER CURRY (an Entree).

274. **INGREDIENTS.**—1 lobster, 2 onions, 1 oz. butter, 1 tablespoonful of curry-powder, $\frac{1}{2}$ pint of medium stock, No. 105, the juice of $\frac{1}{2}$ lemon.

Mode.—Pick the meat from the shell, and cut it into nice square pieces; fry the onions of a pale brown in the butter, stir in the curry-powder and stock, and simmer till it thickens, when put in the lobster; stew the whole slowly for $\frac{1}{2}$ hour, and stir occasionally; and just before sending to table, put in the lemon-juice. Serve boiled rice with it, the same as for other curries.

Time.—Altogether, $\frac{3}{4}$ hour. *Average cost*, 3s.

Seasonable at any time.

LOBSTER CUTLETS (an Entree).

275. **INGREDIENTS.**—1 large hen lobster, 1 oz. fresh butter, $\frac{1}{2}$ salt-spoonful of salt, pounded mace, grated nutmeg, cayenne and white pepper to taste, egg, and bread crumbs.

Mode.—Pick the meat from the shell, and pound it in a mortar with the butter, and gradually add the mace and seasoning, well mixing the ingredients; beat all to a smooth paste, and add a little of the spawn; divide the mixture into pieces of an equal size, and shape them like cutlets. They should not be very thick. Brush them over with egg, and sprinkle with bread crumbs, and stick a short piece of the small claw in the top of each; fry them of a nice brown in boiling lard, and drain them before the fire, on a sieve reversed; arrange them nicely on a dish, and pour béchamel in the middle, but not over the cutlets.

Time.—About 8 minutes after the cutlets are made.

Average cost for this dish, 2s. 9d.

Seasonable all the year. *Sufficient* for 5 or 6 persons.

ANOTHER MODE OF COOKING THE LOBSTER.—When this fish was to be served for the table, among the ancients, it was opened lengthwise, and filled with a gravy composed of coriander and pepper. It was then put on the gridiron and slowly cooked, whilst it was being basted with the same kind of gravy with which the flesh had become impregnated.

TO DRESS LOBSTERS.

276. When the lobster is boiled, rub it over with a little salad-oil, which wipe off again; separate the body from the tail, break off the great claws, and crack them at the joints, without injuring the meat; split the tail in halves, and arrange all neatly in a dish, with the body upright in the middle, and garnish with parsley. (See Coloured Plate, H.)

LOBSTER PATTIES (an Entree).

277. **INGREDIENTS.**—Minced lobster, 4 tablespoonfuls of béchamel, 6 drops of anchovy sauce, lemon-juice, cayenne to taste.

Mode.—Line the patty-pans with puff-paste, and put into each a small piece of bread; cover with paste, brush over with egg, and bake of a light colour. Take as much lobster as is required, mince the meat very fine, and add the above ingredients; stir it over the fire for 5 minutes; remove the lids of the patty-cases, take out the bread, fill with the mixture, and replace the covers.

Seasonable at any time.

LOCAL ATTACHMENT OF THE LOBSTER.—It is said that the attachment of this animal is strong to some particular parts of the sea, a circumstance celebrated in the following lines:—

“Nought like their home the constant lobsters prize,
And foreign shores and seas unknown despise.
Though cruel hands the banish'd wretch expel,
And force the captive from his native cell,
He will, if freed, return with anxious care,
Find the known rock, and to his home repair;
No novel customs learns in different seas,
But wonted food and home-taught manners please.”

POTTED LOBSTER.

278. **INGREDIENTS.**—2 lobsters; seasoning to taste, of nutmeg, pounded mace, white pepper, and salt; $\frac{1}{4}$ lb. of butter, 3 or 4 bay-leaves.

Mode.—Take out the meat carefully from the shell, but do not cut it up. Put some butter at the bottom of a dish, lay in the lobster as evenly as possible, with the bay-leaves and seasoning between. Cover with butter, and bake for $\frac{3}{4}$ hour in a gentle oven. When done, drain the whole on a sieve, and lay the pieces in potting-jars, with the seasoning about them. When cold, pour over it clarified butter, and, if very highly seasoned, it will keep some time.

Time.— $\frac{3}{4}$ hour. *Average cost* for this quantity, 4s. 4d.

Seasonable at any time.

Note.—Potted lobster may be used cold, or as a *fricassée* with cream sauce.

HOW THE LOBSTER FEEDS.—The pincers of the lobster's large claws are furnished with nobs, and those of the other, are always serrated. With the former, it keeps firm hold of the stalks of submarine plants, and with the latter, it cuts and minces its food with great dexterity. The knobbed, or numb claw, as it is called by fishermen, is sometimes on the right and sometimes on the left, indifferently.

BAKED MACKEREL.

279. **INGREDIENTS.**—4 middling-sized mackerel, a nice delicate forcemeat (*see* Forcemeats), 3 oz. of butter; pepper and salt to taste.

Mode.—Clean the fish, take out the roes, and fill up with forcemeat, and sew up the slit. Flour, and put them in a dish, heads and tails alternately, with the roes; and, between each layer, put some little pieces of butter, and pepper and salt. Bake for $\frac{1}{4}$ an hour, and either serve with plain melted butter or a *maître d'hôtel* sauce.

Time.— $\frac{1}{2}$ hour. *Average cost* for this quantity, 1s. 10d.

Seasonable from April to July.

Sufficient for 6 persons.

Note.—Baked mackerel may be dressed in the same way as baked herrings (*see* No. 268), and may also be stewed in wine.

WEIGHT OF THE MACKEREL.—The greatest weight of this fish seldom exceeds 2 lbs., whilst their ordinary length runs between 14 and 20 inches. They die almost immediately after they are taken from their element, and, for a short time, exhibit a phosphoric light.

BOILED MACKEREL.

280. **INGREDIENTS.**— $\frac{1}{4}$ lb. of salt to each gallon of water.

Mode.—Cleanse the inside of the fish thoroughly, and lay it in the kettle with sufficient water to cover it with salt as above; bring it gradually to boil, skim well, and simmer gently till done; dish them on a hot napkin, heads and tails alternately, and garnish with fennel. Fennel sauce and plain melted butter are the usual accompaniments to boiled mackerel; but caper or anchovy sauce is sometimes served with it. (*See* Coloured Plate, F.)

Time.—After the water boils, 10 minutes; for large mackerel, allow more time. *Average cost*, from 4d.

Seasonable from April to July.

Note.—When variety is desired, fillet the mackerel, boil it, and pour over parsley and butter; send some of this, besides, in a tureen.

BROILED MACKEREL.

281. **INGREDIENTS.**—Pepper and salt to taste, a small quantity of oil.

Mode.—Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry, after taking out the gills and insides. Open the back, and put in a little pepper, salt, and

oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, the flesh can be detached from the bone, which will be in about 15 minutes for a small mackerel. Chop a little parsley, work it up in the butter, with pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maître d'hôtel* sauce in a tureen.

Time.—Small mackerel 15 minutes.

Average cost, from 4d.

Seasonable from April to July.

THE MACKEREL.—This is not only one of the most elegantly-formed, but one of the most beautifully-coloured fishes, when taken out of the sea, that we have. Death, in some degree, impairs the vivid splendour of its colours; but it does not entirely obliterate them. It visits the shores of Great Britain in countless shoals, appearing about March, off the Land's End; in the bays of Devonshire, about April; off Brighton in the beginning of May; and on the coast of Suffolk about the beginning of June. In the Orkneys they are seen till August; but the greatest fishery is on the west coasts of England.



THE MACKEREL.

TO CHOOSE MACKEREL.—In choosing this fish, purchasers should, to a great extent, be regulated by the brightness of its appearance. If it have a transparent, silvery hue, the flesh is good; but if it be red about the head, it is stale.

FILLETS OF MACKEREL.

282. INGREDIENTS.—2 large mackerel, 1 oz. butter, 1 small bunch of chopped herbs, 3 tablespoonfuls of medium stock, No. 105, 3 tablespoonfuls of béchamel (*see Sauces*); salt, cayenne, and lemon-juice to taste.

Mode.—Clean the fish, and fillet it; scald the herbs, chop them fine, and put them with the butter and stock into a stewpan. Lay in the mackerel, and simmer very gently for 10 minutes; take them out, and put them on a hot dish. Dredge in a little flour, add the other ingredients, give one boil, and pour it over the mackerel.

Time.—20 minutes. *Average cost* for this quantity, 1s. 6d.

Seasonable from April to July.

Sufficient for 4 persons.

Note.—Fillets of mackerel may be covered with egg and bread crumbs, and fried of a nice brown. Serve with *maître d'hôtel* sauce and plain melted butter.

THE VORACITY OF THE MACKEREL.—The voracity of this fish is very great, and, from their immense numbers, they are bold in attacking objects of which they might, otherwise, be expected to have a wholesome dread. Pontoppidan relates an anecdote of a sailor belonging to a ship lying in one of the harbours on the coast of Norway, who, having gone into the sea to bathe, was suddenly missed by his companions; in the course of a few minutes, however, he was seen on the surface, with great numbers of mackerel clinging to him by their mouths. His comrades hastened in a boat to his assistance; but when they had struck the fishes from him and got him up, they found he was so severely bitten, that he shortly afterwards expired.

PICKLED MACKEREL.

283. **INGREDIENTS.**—12 peppercorns, 2 bay-leaves, $\frac{1}{2}$ pint of vinegar, 4 mackerel.

Mode.—Boil the mackerel as in the recipe No. 282, and lay them in a dish; take half the liquor they were boiled in; add as much vinegar, peppercorns, and bay-leaves; boil for 10 minutes, and when cold, pour over the fish.

Time.— $\frac{1}{2}$ hour. *Average cost,* 1s. 6d.

MACKEREL GARUM.—This brine, so greatly esteemed by the ancients, was manufactured from various kinds of fishes. When mackerel was employed, a few of them were placed in a small vase, with a large quantity of salt, which was well stirred, and then left to settle for some hours. On the following day, this was put into an earthen pot, which was uncovered, and placed in a situation to get the rays of the sun. At the end of two or three months, it was hermetically sealed, after having had added to it a quantity of old wine, equal to one third of the mixture.

GREY MULLET.

284. **INGREDIENTS.**— $\frac{1}{4}$ lb. of salt to each gallon of water.

Mode.—If the fish be very large, it should be laid in cold water, and gradually brought to a boil; if small, put it in boiling water, salted in the above proportion. Serve with anchovy sauce and plain melted butter.



THE GREY MULLET.

plentiful, and is considered a fine fish. when kept in ponds.

Time.—According to size, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
Average cost, 8d. per lb.
Seasonable from July to October.

THE GREY MULLET.—This is quite a different fish from the red mullet, is abundant on the sandy coasts of Great Britain, and ascends rivers for miles. On the south coast it is very plentiful, and is considered a fine fish. It improves more than any other salt-water fish when kept in ponds.

RED MULLET.

285. **INGREDIENTS.**—Oiled paper, thickening of butter and flour, $\frac{1}{4}$ teaspoonful of anchovy sauce, 1 glass of sherry; cayenne and salt to taste.

Mode.—Clean the fish, take out the gills, but leave the inside, fold in oiled paper, and bake them gently. When done, take the liquor that flows from the fish, add a thickening of butter kneaded with flour; put in the other ingredients, and let it boil for 2 minutes. Serve the sauce in a tureen, and the fish, either with or without the paper cases.

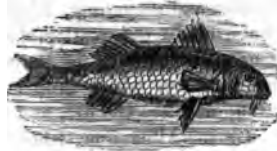
Time.—About 25 minutes. *Average cost,* 1s. each.

Seasonable at any time, but more plentiful in summer.

Note.—Red mullet may be broiled, and should be folded in oiled paper, the

same as in the preceding recipe, and seasoned with pepper and salt. They may be served without sauce; but if any is required, use melted butter, Italian or anchovy sauce. They should never be plain boiled.

THE STRIPED RED MULLET.—This fish was very highly esteemed by the ancients, especially by the Romans, who gave the most extravagant prices for it. Those of 2 lbs. weight were valued at about £15 each; those of 4 lbs. at £60, and, in the reign of Tiberius, three of them were sold for £209. To witness the changing loveliness of their colour during their dying agonies, was one of the principal reasons that such a high price was paid for one of these fishes. It frequents our Cornish and Sussex coasts, and is in high request, the flesh being firm, white, and well flavoured.



THE STRIPED RED MULLET.

FRIED OYSTERS.

286. INGREDIENTS.—3 dozen oysters, 2 oz. butter, 1 tablespoonful of ketchup, a little chopped lemon-peel, $\frac{1}{4}$ teaspoonful of chopped parsley.

Mode.—Boil the oysters for 1 minute in their own liquor, and drain them; fry them with the butter, ketchup, lemon-peel, and parsley; lay them on a dish, and garnish with fried potatoes, toasted sippets, and parsley. This is a delicious delicacy, and is a favourite Italian dish.

Time.—5 minutes. *Average cost* for this quantity, 1s. 9d

Seasonable from September to April.

Sufficient for 4 persons.

THE EDIBLE OYSTER.—This shell-fish is almost universally distributed near the shores of seas in all latitudes, and they especially abound on the coasts of France and Britain. The coasts most celebrated, in England, for them, are those of Essex and Suffolk. Here they are dredged up by means of a net with an iron scraper at the mouth, that is dragged by a rope from a boat over the beds. As soon as taken from their native beds, they are stored in pits, formed for the purpose, furnished with sluices, through which, at the spring tides, the water is suffered to flow. This water, being stagnant, soon becomes green in warm weather; and, in a few days afterwards, the oysters acquire the same tinge, which increases their value in the market. They do not, however, attain their perfection and become fit for sale till the end of six or eight weeks. Oysters are not considered proper for the table till they are about a year and a half old; so that the brood of one spring are not to be taken for sale, till, at least, the September twelvemonth afterwards.



THE EDIBLE OYSTER.

SCALLOPED OYSTERS.

I.

287. INGREDIENTS.—Oysters, say 1 pint, 1 oz. butter, flour, 2 tablespoonfuls of white stock, 2 tablespoonfuls of cream; pepper and salt to taste; bread crumbs, oiled butter.

Mode.—Scald the oysters in their own liquor, take them out, beard

them, and strain the liquor free from grit. Put 1 oz. of butter into a stewpan; when melted, dredge in sufficient flour to dry it up; add the stock, cream, and strained liquor, and give one boil. Put in the oysters and seasoning; let them gradually heat through, but not boil. Have ready the scallop-shells buttered; lay in the oysters, and as much of the liquid as they will hold; cover them over with bread crumbs, over which drop a little oiled butter. Brown them in the oven, or before the fire, and serve quickly, and very hot.

Time.—Altogether, $\frac{1}{2}$ hour.

Average cost for this quantity, 3s. 6d.

Sufficient for 5 or 6 persons.

II.

Prepare the oysters as in the preceding recipe, and put them in a scallop-shell or saucer, and between each layer sprinkle over a few bread crumbs, pepper, salt, and grated nutmeg; place small pieces of butter over, and bake before the fire in a Dutch oven. Put sufficient bread crumbs on the top to make a smooth surface, as the oysters should not be seen.

Time.—About $\frac{1}{2}$ hour. *Average cost*, 3s. 2d.

Seasonable from September to April.

STEWED OYSTERS.

288. **INGREDIENTS.**—1 pint of oysters, 1 oz. of butter, flour, $\frac{1}{2}$ pint of cream; cayenne and salt to taste; 1 blade of pounded mace.

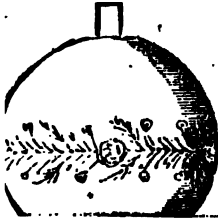
Mode.—Scald the oysters in their own liquor, take them out, beard them, and strain the liquor; put the butter into a stewpan, dredge in sufficient flour to dry it up, add the oyster-liquor and mace, and stir it over a sharp fire with a wooden spoon; when it comes to a boil, add the cream, oysters, and seasoning. Let all simmer for 1 or 2 minutes, but not longer, or the oysters would harden. Serve on a hot dish, and garnish with croutons, or toasted sippets of bread. A small piece of lemon-peel boiled with the oyster-liquor, and taken out before the cream is added, will be found an improvement.

Time.—Altogether 15 minutes. *Average cost* for this quantity, 3s. 6d.

Seasonable from September to April.

Sufficient for 6 persons.

THE OYSTER AND THE SCALLOP.—The oyster is described as a bivalve shell-fish, having the valves generally unequal. The hinge is without teeth, but furnished with a somewhat oval cavity, and mostly with lateral transverse grooves. From a similarity in the structure of the hinge, oysters and scallops have been classified as one tribe; but they differ very essentially both in their external appearance and their habits. Oysters adhere to rocks, or, as in two or three species, to roots of trees on the shore; while the scallops are always detached, and usually lurk in the sand.



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MR. S. O. BEETON, the projector and proprietor of the BOY'S OWN MAGAZINE, in asking the hearty co-operation of all his friends to extend its circulation, avails himself of this opportunity, to mention a few of the papers which will appear in the first and following numbers of the Sixth Volume of the BOY'S OWN MAGAZINE, commencing January, 1860.

THE FIVE AND DRUM; OR, WOULD
HE A SOLDIER. By Captain
Lascelles Wrexall.

DOG TRAITS AND TRAININGS.

THE MARVELS OF THE MICRO-
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THE ADVENTURES OF A CAT
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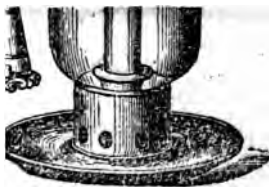
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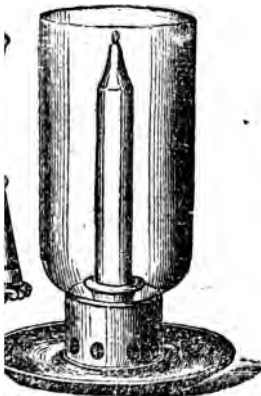
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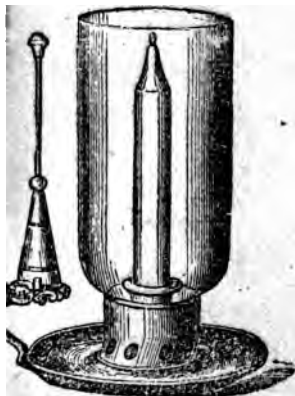
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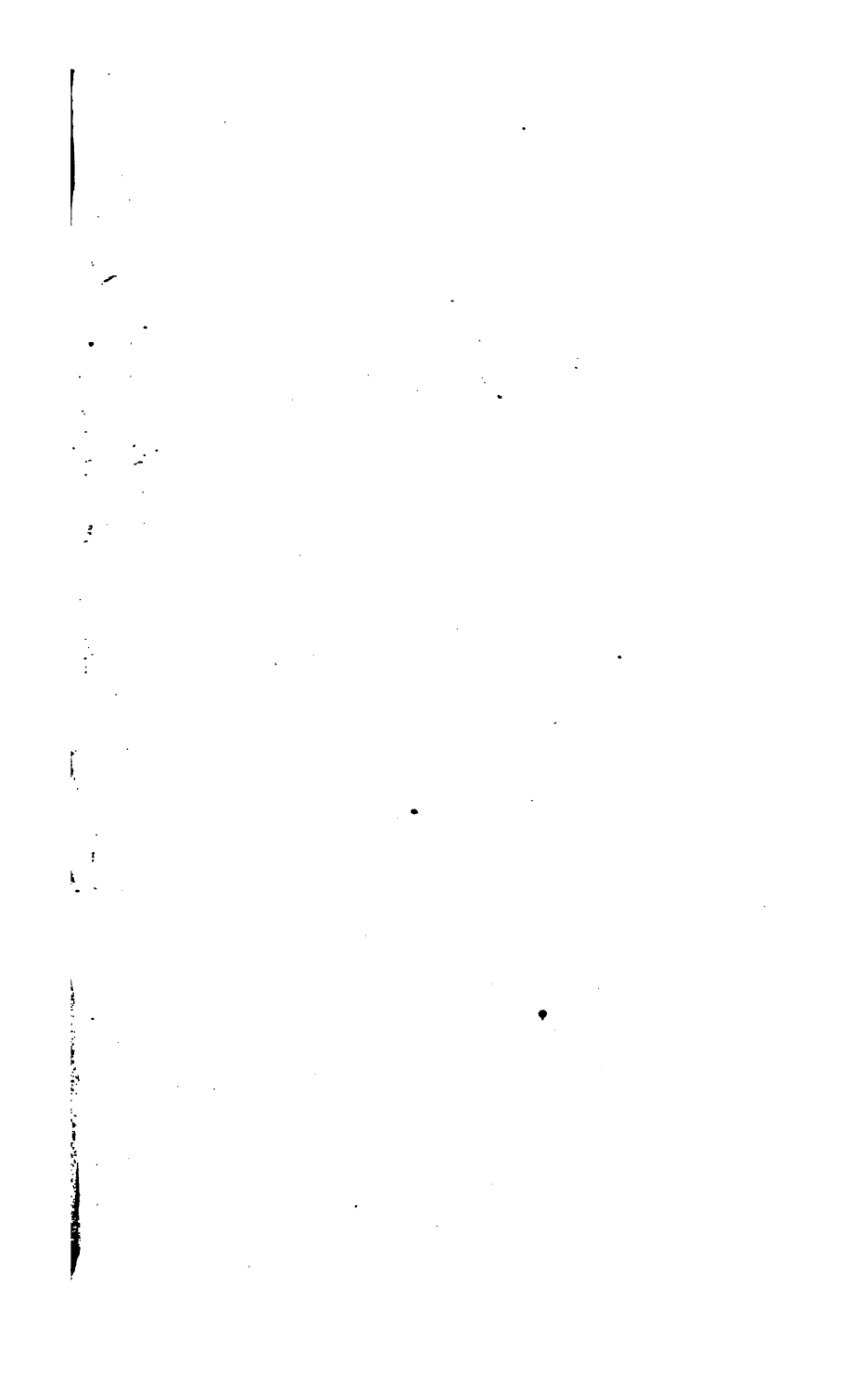
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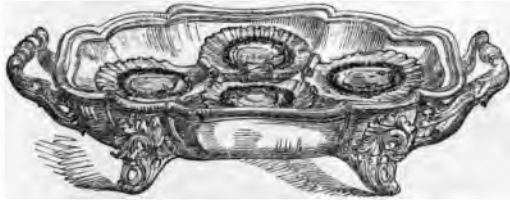
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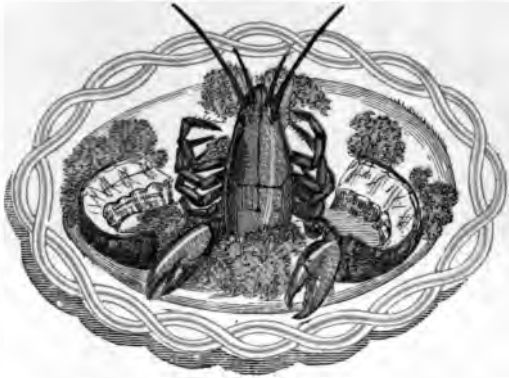


MODERN MODE OF SERVING DISHES.

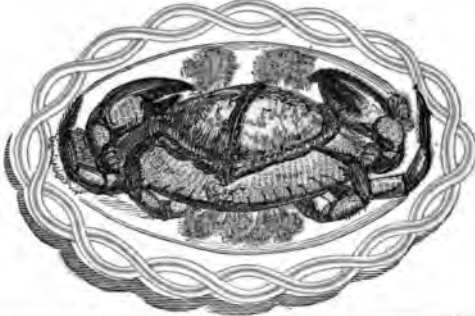
G



H



I



H. Dressed Lobsters.

G. Scalloped Oysters.

I. Dressed Crab.

OYSTER PATTIES (an Entree).

289. **INGREDIENTS.**—2 dozen oysters, 2 oz. butter, 3 tablespoonfuls of cream, a little lemon-juice, 1 blade of pounded mace; cayenne to taste.

Mode.—Scald the oysters in their own liquor, beard them, and cut each one into 3 pieces. Put the butter into a stewpan, dredge in sufficient flour to dry it up; add the strained oyster-liquor with the other ingredients; put in the oysters, and let them heat gradually, but not boil fast. Make the patty-cases as directed for lobster patties, No. 277: fill with the oyster mixture, and replace the covers.

Time.—2 minutes for the oysters to simmer in the mixture.

Average cost, exclusive of the patty-cases, 1s. 4d.

Seasonable from September to April.

THE OYSTER FISHERY.—The oyster fishery in Britain is esteemed of so much importance, that it is regulated by a Court of Admiralty. In the month of May, the fishermen are allowed to take the oysters, in order to separate the spawn from the culch, the latter of which is thrown in again, to preserve the bed for the future. After this month, it is felony to carry away the culch, and otherwise punishable to take any oyster, between the shells of which, when closed, a shilling will rattle.

TO KEEP OYSTERS.

290. Put them in a tub, and cover them with salt and water. Let them remain for 12 hours, when they are to be taken out, and allowed to stand for another 12 hours without water. If left without water every alternate 12 hours, they will be much better than if constantly kept in it. Never put the same water twice to them.

OYSTERS FRIED IN BATTER.

291. **INGREDIENTS.**— $\frac{1}{2}$ pint of oysters, 2 eggs, $\frac{1}{2}$ pint of milk, sufficient flour to make the batter; pepper and salt to taste; when liked, a little nutmeg; hot lard.

Mode.—Scald the oysters in their own liquor, beard them, and lay them on a cloth, to drain thoroughly. Break the eggs into a basin, mix the flour with them, add the milk gradually, with nutmeg and seasoning, and put the oysters in the batter. Make some lard hot in a deep frying-pan, put in the oysters, one at a time; when done, take them up with a sharp-pointed skewer, and dish them on a napkin. Fried oysters are frequently used for garnishing boiled fish, and then a few bread crumbs should be added to the flour.

Time.—5 or 6 minutes. *Average cost* for this quantity, 1s. 10d.

Seasonable from September to April.

Sufficient for 3 persons.

EXCELLENCE OF THE ENGLISH OYSTER.—The French assert that the English oysters, which are esteemed the best in Europe, were originally procured from Cancale Bay, near St. Malo; but they assign no proof for this. It is a fact, however, that the oysters eaten in ancient Rome were nourished in the channel which then parted the Isle of Thanet from England, and which has since been filled up, and converted into meadows.

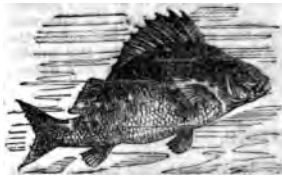
BOILED PERCH.

292. **INGREDIENTS.**— $\frac{1}{4}$ lb. of salt to each gallon of water.

Mode.—Scale the fish, take out the gills and clean it thoroughly; lay it in boiling water, salted as above, and simmer gently for 10 minutes. If the fish is very large, longer time must be allowed. Garnish with parsley, and serve with plain melted butter, or Dutch sauce. Perch do not preserve so good a flavour when stewed as when dressed in any other way.

Time.—Middling-sized perch, $\frac{1}{2}$ hour.

Seasonable from September to November.



THE PERCH.

Note.—Tench may be boiled the same way, and served with the same sauces.

THE PERCH.—This is one of the best, as it is one of the most common, of our fresh-water fishes, and is found in nearly all the lakes and rivers in Britain and Ireland, as well as through the whole of Europe within the temperate zone. It is extremely voracious, and it has the peculiarity of being gregarious, which is contrary to the nature of all fresh-water fishes of prey. The best season to angle for it is from the beginning of May to the middle of July. Large numbers of this fish are bred in the Hampton Court and Bushy Park ponds, all of which are well supplied with running water and with plenty of food; yet they rarely attain a large size. In the Regent's Park they are also very numerous; but are seldom heavier than three quarters of a pound.

FRIED PERCH.

293. **INGREDIENTS.**—Egg and bread crumbs, hot lard.

Mode.—Scale and clean the fish, brush it over with egg, and cover with bread crumbs. Have ready some boiling lard; put the fish in, and fry a nice brown. Serve with plain melted butter or anchovy sauce.

Time.—10 minutes.

Seasonable from September to November.

Note.—Fry tench in the same way.

PERCH STEWED WITH WINE.

294. **INGREDIENTS.**—Equal quantities of stock No. 105 and sherry, 1 bay-leaf, 1 clove of garlic, a small bunch of parsley, 2 cloves, salt to taste; thickening of butter and flour, pepper, grated nutmeg, $\frac{1}{2}$ teaspoonful of anchovy sauce.

Mode.—Scale the fish and take out the gills, and clean them

thoroughly; lay them in a stewpan with sufficient stock and sherry just to cover them. Put in the bay-leaf, garlic, parsley, cloves, and salt, and simmer till tender. When done, take out the fish, strain the liquor, add a thickening of butter and flour, the pepper, nutmeg, and the anchovy sauce, and stir it over the fire until somewhat reduced, when pour over the fish, and serve.

Time.—About 20 minutes.

Seasonable from September to November.

BOILED PIKE.

295. *INGREDIENTS.*— $\frac{1}{2}$ lb. of salt to each gallon of water; a little vinegar.

Mode.—Scale and clean the pike, and fasten the tail in its mouth by means of a skewer. Lay it in cold water, and when it boils, throw in the salt and vinegar. The time for boiling depends, of course, on the size of the fish; but a middling-sized pike will take about $\frac{1}{2}$ an hour. Serve with Dutch or anchovy sauce, and plain melted butter.

Time.—According to size, $\frac{1}{2}$ to 1 hour.—*Average cost.* Seldom bought.

Seasonable from September to March.

THE PIKE.—This fish is, on account of its voracity, termed the fresh-water shark, and is abundant in most of the European lakes, especially those of the northern parts. It grows to an immense size, some attaining to the measure of eight feet, in Lapland and Russia. The smaller lakes, of this country and Ireland, vary in the kinds of fish they produce; some affording trout, others pike; and so on. Where these happen to be together, however, the trout soon becomes extinct. "Within a short distance of Castlebar," says a writer on sports, "there is a small bog-lake called Derreens. Ten years ago it was celebrated for its numerous well-sized trouts. Accidentally pike effected a passage into the lake from the Minola river, and now the trouts are extinct, or, at least, none of them are caught or seen. Previous to the intrusion of the pikes, half a dozen trouts would be killed in an evening in Derreens, whose collective weight often amounted to twenty pounds." As an eating fish, the pike is in general dry.



THE PIKE.

BAKED PIKE.

296. *INGREDIENTS.*—1 or 2 pike, a nice delicate stuffing (see Force-meats), 1 egg, bread crumbs, $\frac{1}{2}$ lb. butter.

Mode.—Scale the fish, take out the gills, wash, and wipe it thoroughly dry; stuff it with forcemeat, sew it up, and fasten the tail in the mouth by means of a skewer; brush it over with egg, sprinkle with bread crumbs, and baste with butter, before putting it in the oven, which must be well heated. When the pike is of a nice brown colour, cover it with buttered paper, as the outside would become too dry. If 2 are dressed, a little variety may be made by making one of

them green with a little chopped parsley mixed with the bread crumbs. Serve anchovy or Dutch sauce, and plain melted butter with it.

Time.—According to size, 1 hour, more or less.

Average cost.—Seldom bought.

Seasonable from September to March.

Note.—Pike à la *génévese* may be stewed in the same manner as salmon à la *génévese*.

FRIED PLAICE.

297.—*INGREDIENTS.*—Hot lard, or clarified dripping; egg and bread crumbs.

Mode.—This fish is fried in the same manner as soles. Wash and wipe them thoroughly dry, and let them remain in a cloth until it is time to dress them. Brush them over with egg, and cover with bread crumbs mixed with a little flour. Fry of a nice brown in hot dripping or lard, and garnish with fried parsley and cut lemon. Send them to table with shrimp-sauce and plain melted butter.

Time.—About 5 minutes. *Average cost*, 3*d.* each.

Seasonable from May to November.

Sufficient, 4 plaice for 4 persons.

Note.—Plaice may be boiled plain, and served with melted butter. Garnish with parsley and cut lemon.

STEWED PLAICE.

298. *INGREDIENTS.*—4 or 5 plaice, 2 onions, $\frac{1}{2}$ oz. ground ginger, 1 pint of lemon-juice, $\frac{1}{4}$ pint water, 6 eggs; cayenne to taste.

Mode.—Cut the fish into pieces about 2 inches wide, salt them, and let them remain $\frac{1}{4}$ hour. Slice and fry the onions a light brown; put them in a stewpan, on the top of which put the fish without washing, and add the ginger, lemon-juice, and water. Cook slowly for $\frac{1}{2}$ hour, and do not let the fish boil, or it will break. Take it out, and when the liquor is cool, add 6 well-beaten eggs; simmer till it thickens, when pour over the fish, and serve.

Time.— $\frac{3}{4}$ hour. *Average cost* for this quantity, 1*s.* 9*d.*

Seasonable from May to November.

Sufficient for 4 persons; according to size.



THE PLAICE.

are called *Dowers plaice*, from their Hastings and Folkstone.

THE PLAICE.—This fish is found both in the Baltic and the Mediterranean, and is also abundant on the coast of England. It keeps well, and, like all ground-fish, is very tenacious of life. Its flesh is inferior to that of the sole, and, as it is a low-priced fish, it is generally bought by the poor. The best brought to the London market being caught in the Dowers, or flats, between

TO BOIL PRAWNS OR SHRIMPS.

299. **INGREDIENTS.**— $\frac{1}{4}$ lb. salt to each gallon of water.

Mode.—Prawns should be very red, and have no spawn under the tail; much depends on their freshness and the way in which they are cooked. Throw them into boiling water, salted as above, and keep them boiling for about 7 or 8 minutes. Shrimps should be done in the same way; but less time must be allowed. It may easily be known when they are done by their changing colour. Care should be taken that they are not over-boiled, as they then become tasteless and indigestible.

Time.—Prawns, about 8 minutes; shrimps, about 5 minutes.

Average cost, prawns, 2s. per lb.; shrimps, 6d. per pint.

Seasonable all the year.

TO DRESS PRAWNS.

300. Cover a dish with a large cup reversed, and over that lay a small white napkin. Arrange the prawns on it in the form of a pyramid, and garnish with plenty of parsley.

BOILED SALMON.

301. **INGREDIENTS.**—6 oz. of salt to each gallon of water,—sufficient water to cover the fish.

Mode.—Scale and clean the fish, and be particular that no blood is left inside; lay it in the fish-kettle with sufficient cold water to cover it, adding salt in the above proportion. Bring it quickly to a boil, take off all the scum, and let it simmer gently till the fish is done, which will be when the meat separates easily from the bone. Experience alone can teach the cook to fix the time for boiling fish; but it is especially to be remembered, that it should never be under-dressed, as then nothing is more unwholesome. Neither let it remain in the kettle after it is sufficiently cooked, as that would render it insipid, watery, and colourless. Drain it, and if not wanted for a few minutes, keep it warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster or shrimp sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish.

Time.—8 minutes to each lb. for large thick salmon; 6 minutes for thin fish. *Average cost,* in full season, 1s. 3d. per lb.

Seasonable from April to August.

Sufficient, $\frac{1}{2}$ lb., or rather less, for each person.

Note.—Cut lemon should be put on the table with this fish; and a little of the juice squeezed over it is considered by many persons a most agreeable addition. Boiled peas are also, by some connoisseurs, considered especially adapted to be served with salmon.

TO CHOOSE SALMON.—To be good, the belly should be firm and thick, which may readily be ascertained by feeling it with the thumb and finger. The circumstance of this fish having *red* gills, though given as a standing rule in most cookery-books, as a sign of its goodness, is not at all to be relied on, as this quality can be easily given them by art.

SALMON AND CAPER SAUCE.

302. **INGREDIENTS.**—2 slices of salmon, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ teaspoonful of chopped parsley, 1 shallot; salt, pepper, and grated nutmeg to taste.

Mode.—Lay the salmon in a baking-dish, place pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish; baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it, and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

Time.—About $\frac{3}{4}$ hour. *Average cost*, 1s. 3d. per lb.

Seasonable from April to August.

Sufficient for 4 or 5 persons.

THE MIGRATORY HABITS OF THE SALMON.—The instinct with which the salmon revisits its native river, is one of the most curious circumstances in its natural history. As the swallow returns annually to its nest, so it returns to the same spot to deposit its ova. This fact would seem to have been repeatedly proved. M. De Lande fastened a copper ring round a salmon's tail, and found that, for three successive seasons, it returned to the same place. Dr. Bloch states that gold and silver rings have been attached by eastern princes to salmon, to prove that a communication existed between the Persian Gulf and the Caspian and Northern Seas, and that the experiment succeeded.

COLLARED SALMON.

303. **INGREDIENTS.**—A piece of salmon, say 3 lbs., a high seasoning of salt, pounded mace, and pepper; water and vinegar, 3 bay-leaves.

Mode.—Split the fish; scale, bone, and wash it thoroughly clean; wipe it, and rub in the seasoning inside and out; roll it up, and bind firmly; lay it in a kettle, cover it with vinegar and water ($\frac{1}{2}$ vinegar, in proportion to the water); add the bay-leaves and a good seasoning of salt and whole pepper, and simmer till done. Do not remove the lid. Serve with melted butter or anchovy sauce. For preserving the collared fish, boil up the liquor in which it was cooked, and add a little more vinegar. Pour over when cold.

Time.— $\frac{3}{4}$ hour, or rather more.

HABITAT OF THE SALMON.—The salmon is styled by Walton the "king of fresh-water fish," and is found distributed over the north of Europe and Asia, from Britain to

Kamschatka, but is never found in warm latitudes, nor has it ever been caught even so far south as the Mediterranean. It lives in fresh as well as in salt waters, depositing its spawn in the former, hundreds of miles from the mouths of some of those rivers to which it has been known to resort. In 1839, great efforts were made to introduce this fish into the Australian colonies; and it is believed that the attempt, after many difficulties, which were very skillfully overcome, has been successful.

CRIMPED SALMON.

304. Salmon is frequently dressed in this way at many fashionable tables, but must be very fresh, and cut into slices 2 or 3 inches thick. Lay these in cold salt and water for 1 hour; have ready some boiling water, salted, as in recipe No. 301, and well skimmed; put in the fish, and simmer gently for $\frac{1}{4}$ hour, or rather more; should it be very thick, garnish the same as boiled salmon, and serve with the same sauces.

Time.— $\frac{1}{4}$ hour, more or less, according to size.

Note.—Never use vinegar with salmon, as it spoils the taste and colour of the fish.

THE SALMON TRIBE.—This is the Abdominal fish, forming the fourth of the orders of Linnæus. They are distinguished from other fishes by having two dorsal fins, of which the hindmost is fleshy and without rays. They have teeth both on the tongue and in the jaws, whilst the body is covered with round and minutely striated scales.



THE SALMON.

CURRIED SALMON.

305. **INGREDIENTS.**—Any remains of boiled salmon, $\frac{2}{3}$ pint of strong or medium stock (No. 105), 1 onion, 1 tablespoonful of curry-powder, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of anchovy sauce, 1 oz. of butter, the juice of $\frac{1}{2}$ lemon, cayenne and salt to taste.

Mode.—Cut up the onions into small pieces, and fry them of a pale brown in the butter; add all the ingredients but the salmon, and simmer gently till the onion is tender, occasionally stirring the contents; cut the salmon into small square pieces, carefully take away all skin and bone, lay it in the stewpan, and let it gradually heat through; but do not allow it to boil long.

Time.— $\frac{1}{2}$ hour. *Average cost, exclusive of the cold fish, 9d.*

GROWTH OF THE SALMON.—At the latter end of the year—some as soon as November—salmon begin to press up the rivers as far as they can reach, in order to deposit their spawn, which they do in the sand or gravel, about eighteen inches deep. Here it lies buried till the spring, when, about the latter end of March, it begins to exclude the young, which gradually increase to four or five inches in length, and are then termed smelts or smouts. About the beginning of May, the river seems to be alive with them, and there is no forming an idea of their numbers without having seen them. A seasonable flood, however, comes, and hurries them to the "great deep;" whence, about the middle of June, they commence their return to the river again. By this time they are twelve or sixteen inches long, and progressively increase, both in number and size, till about the end of July, when

they have become large enough to be denominated *grilse*. Early in August they become fewer in numbers, but of greater size, having advanced to a weight of from six to nine pounds. This rapidity of growth appears surprising, and realizes the remark of Walton, that "the salmlet becomes a salmon in as short a time as a gosling becomes a goose." Recent writers have, however, thrown considerable doubts on this quick growth of the salmon.

SALMON OUTLETS.

306. Cut the slices 1 inch thick, and season them with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with their ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

Time.—5 to 10 minutes.

SALMON A LA GENEVESE.

307. **INGREDIENTS.**—2 slices of salmon, 2 chopped shalots, a little parsley, a small bunch of herbs, 2 bay-leaves, 2 carrots, pounded mace, pepper and salt to taste, 4 tablespoonfuls of Madeira, $\frac{1}{2}$ pint of white stock (No. 107), thickening of butter and flour, 1 teaspoonful of essence of anchovies, the juice of 1 lemon, cayenne and salt to taste.

Mode.—Rub the bottom of a stewpan over with butter, and put in the shalots, herbs, bay-leaves, carrots, mace, and seasoning; stir them for 10 minutes over a clear fire, and add the Madeira or sherry; simmer gently for $\frac{1}{2}$ hour, and strain through a sieve over the fish, which stew in this gravy. As soon as the fish is sufficiently cooked, take away all the liquor, except a little to keep the salmon moist, and put it into another stewpan; add the stock, thicken with butter and flour, and put in the anchovies, lemon-juice, cayenne, and salt; lay the salmon on a hot dish, pour over it part of the sauce, and serve the remainder in a tureen.

Time.— $1\frac{1}{4}$ hour. *Average cost* for this quantity, 3s. 6d.

Sufficient for 4 or 5 persons.

PICKLED SALMON.

308. **INGREDIENTS.**—Salmon, $\frac{1}{2}$ oz. of whole pepper, $\frac{1}{2}$ oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

Mode.—After the fish comes from table, lay it in a nice dish with a cover to it, as it should be excluded from the air, and take away the bone; boil the liquor and vinegar with the other ingredients for 10 minutes, and let it stand to get cold; pour it over the salmon, and in 12 hours this will be fit for the table.

Time, 10 minutes.

To CURE SALMON.—This process consists in splitting the fish, rubbing it with salt, and then putting it into pickle in tubs provided for the purpose. Here it is kept for about six weeks, when it is taken out, pressed and packed in casks, with layers of salt.

POTTED SALMON.

309. **INGREDIENTS.**—Salmon; pounded mace, cloves, and pepper to taste; 3 bay-leaves, $\frac{1}{2}$ lb. butter.

Mode.—Skin the salmon, and clean it thoroughly by wiping with a cloth (water would spoil it); cut it into square pieces, which rub with salt; let them remain till thoroughly drained, then lay them in a dish with the other ingredients, and bake. When quite done, drain them from the gravy, press into pots for use, and, when cold, pour over it clarified butter.

Time.— $\frac{1}{2}$ hour.

AN AVERSION IN THE SALMON.—The salmon is said to have an aversion to anything red; hence, fishermen engaged in catching it do not wear jackets or caps of that colour. Pontoppidan also says, that it has an abhorrence of carrion, and if any happens to be thrown into the places it haunts, it immediately forsakes them. The remedy adopted for this in Norway, is to throw into the polluted water a lighted torch. As food, salmon, when in perfection, is one of the most delicious and nutritive of our fish.

BAKED SEA-BREAM.

310. **INGREDIENTS.**—1 bream. Seasoning to taste of salt, pepper, and cayenne; $\frac{1}{2}$ lb. of butter.

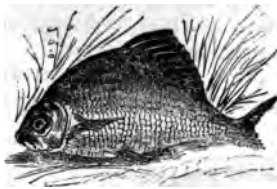
Mode.—Well wash the bream, but do not remove the scales, and wipe away all moisture with a nice dry cloth. Season it inside and out with salt, pepper, and cayenne, and lay it in a baking-dish. Place the butter, in small pieces, upon the fish, and bake for rather more than $\frac{1}{2}$ an hour. To stuff this fish before baking, will be found a great improvement.

Time.—Rather more than $\frac{1}{2}$ an hour.

Seasonable in summer.

Notes.—This fish may be broiled over a nice clear fire, and served with a good brown gravy or white sauce, or it may be stewed in wine.

THE SEA-BREAM.—This is an abundant fish in Cornwall, and it is frequently found in the fish-market of Hastings during the summer months, but it is not in much esteem.



THE SEA-BREAM.

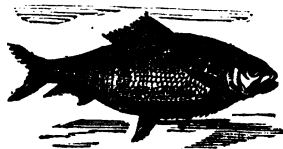
MR. YARBELL'S RECIPE.

“When thoroughly cleansed, the fish should be wiped dry, but none of the scales should be taken off. In this state it should be broiled, turning it often, and if the skin cracks, flour it a little to keep the outer case entire. When on table, the whole skin and scales turn off without difficulty, and the muscle beneath, saturated in its own natural juices, which the outside covering has retained, will be of good flavour.”

TO DRESS SHAD.

311. **INGREDIENTS.**—1 shad, oil, pepper, and salt.

Mode.—Scale, empty and wash the fish carefully, and make two or three incisions across the back. Season it with pepper and salt, and let it remain in oil for $\frac{1}{2}$ hour. Broil it on both sides over a clear fire, and serve with caper sauce. This fish is much esteemed by the French, and by them is considered excellent.



THE SHAD.

THE SHAD.—This is a salt-water fish, but is held in little esteem. It enters our rivers to spawn in May, and great numbers of them are taken opposite the Isle of Dogs, in the Thames.

Time.—Nearly 1 hour.

Average cost.—Seldom bought.

Seasonable from April to June.

POTTED SHRIMPS.

312. **INGREDIENTS.**—1 pint of shelled shrimps, $\frac{1}{2}$ lb. of fresh butter, 1 blade of pounded mace, cayenne to taste; when liked, a little nutmeg.

Mode.—Have ready a pint of picked shrimps, and put them, with the other ingredients, into a stewpan; let them heat gradually in the butter, but do not let it boil. Pour into small pots, and when cold, cover with melted butter, and carefully exclude the air.

Time.— $\frac{1}{2}$ hour to soak in the butter.

Average cost for this quantity, 1s. 3d.

BUTTERED PRAWNS OR SHRIMPS.

313. **INGREDIENTS.**—1 pint of picked prawns or shrimps, $\frac{1}{2}$ pint of stock No. 104, thickening of butter and flour; salt, cayenne, and nutmeg to taste.

Mode.—Pick the prawns or shrimps, and put them in a stewpan with the stock; add a thickening of butter and flour; season, and simmer gently for 3 minutes. Serve on a dish garnished with fried bread or toasted sippets. Cream sauce may be substituted for the gravy.



THE SHRIMP.

THE SHRIMP.—This shell-fish is smaller than the prawn, and is greatly relished in London as a delicacy. It inhabits most of the sandy shores of Europe, and the Isle of Wight is especially famous for them.

Time.—3 minutes.

Average cost for this quantity, 1s. 4d.

BOILED SKATE.

314. **INGREDIENTS.**— $\frac{1}{2}$ lb. of salt to each gallon of water.

Mode.—Cleanse and skin the skate, lay it in a fish-kettle, with sufficient water to cover it, salted in the above proportion. Let it simmer very gently till done; then dish it on a hot napkin, and serve with shrimp, lobster, or caper sauce.

Time.—According to size; from $\frac{1}{2}$ to 1 hour. *Average cost, 4d. per lb. Seasonable from August to April.*

CRIMPED SKATE.

315. **INGREDIENTS.**— $\frac{1}{2}$ lb. of salt to each gallon of water.

Mode.—Clean, skin, and cut the fish into slices, which roll and tie round with string. Have ready some water highly salted, put in the fish, and boil till it is done. Drain well, remove the string, dish on a hot napkin, and serve with the same sauces as above. Skate should never be eaten out of season, as it is liable to produce diarrhoea and other diseases. It may be dished without a napkin, and the sauce poured over.

Time.—About 20 minutes. *Average cost, 4d. per lb.*

Seasonable from August to April.

TO CHOOSE SKATE.—This fish should be chosen for its firmness, breadth, and thickness, and should have a creamy appearance. When crimped, it should not be kept longer than a day or two, as all kinds of crimped fish soon become sour.

THE SKATE.—This is one of the ray tribe, and is extremely abundant and cheap in the fishing towns of England. The flesh is white, thick, and nourishing; but, we suppose, from its being so plentiful, it is esteemed less than it ought to be on account of its nutritive properties, and the ease with which it is digested. It is much improved by crimping; in which state it is usually sold in London. The THORNBACK differs from the true skate by having large spines in its back, of which the other is destitute. It is taken in great abundance during the spring and summer months, but its flesh is not so good as it is in November.



THORNBACK SKATE.

It is, in regard to quality, inferior to that of the true skate.

SKATE WITH CAPER SAUCE (à la Française)

316. **INGREDIENTS.**—2 or 3 slices of skate, $\frac{1}{2}$ pint of vinegar, 2 oz. of salt, $\frac{1}{4}$ teaspoonful of pepper, 1 sliced onion, a small bunch of parsley, 2 bay-leaves, 2 or 3 sprigs of thyme, sufficient water to cover the fish.

Mode.—Put in a fish-kettle all the above ingredients, and simmer the skate in them till tender. When it is done, skin it neatly, and

pour over it some of the liquor in which it has been boiling. Drain it, put it on a hot dish, pour over it caper sauce, and send some of the latter to table in a tureen.

Time.— $\frac{1}{2}$ hour. *Average cost*, 4d. per lb.

Seasonable from August to April.

Note.—Skate may also be served with onion sauce, or parsley and butter.

SMALL SKATE FRIED.

317. **INGREDIENTS.**—Skate, sufficient vinegar to cover them, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of $\frac{1}{2}$ lemon, hot dripping.

Mode.—Cleanse the skate, lay them in a dish, with sufficient vinegar to cover them; add the salt, pepper, onion, parsley, and lemon-juice, and let the fish remain in this pickle for $1\frac{1}{2}$ hour. Then drain them well, flour them, and fry of a nice brown, in hot dripping. They may be served either with or without sauce. Skate is not good if dressed too fresh, unless it is crimped; it should, therefore, be kept for a day, but not long enough to produce a disagreeable smell.

Time.—10 minutes. *Average cost*, 4d. per lb.

Seasonable from August to April.

OTHER SPECIES OF SKATE.—Besides the true skate, there are several other species found in our seas. These are known as the *white* skate, the long-nosed skate; and the Homelyn ray, which are of inferior quality, though often crimped, and sold for true skate.

TO BAKE SMELTS.

318. **INGREDIENTS.**—12 smelts, bread crumbs, $\frac{1}{2}$ lb. of fresh butter, 2 blades of pounded mace; salt and cayenne to taste.

Mode.—Wash, and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine bread crumbs, and place little pieces of butter all over them. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

Time.— $\frac{1}{2}$ hour. *Average cost*, 2s. per dozen.

Seasonable from October to May.

Sufficient for 6 persons.

TO CHOOSE SMELTS.—When good, this fish is of a fine silvery appearance, and when alive, their backs are of a dark brown shade, which, after death, fades to a light fawn. They ought to have a refreshing fragrance, resembling that of a cucumber.

THE ODOUR OF THE SMELT.—This peculiarity in the smelt has been compared, by some, to the fragrance of a cucumber, and by others, to that of a violet. It is a very elegant fish, and formerly abounded in the Thames. The *Atkarine*, or sand smelt, is sometimes sold for the true one; but it is an inferior fish, being drier in the quality of its flesh. On the south coast of England, where the true smelt is rare, it is plentiful.

TO FRY SMELTS.

319. **INGREDIENTS.**—Egg and bread crumbs, a little flour; boiling lard.

Mode.—Smelts should be very fresh, and not washed more than is necessary to clean them. Dry them in a cloth, lightly flour, dip them in egg, and sprinkle over with very fine bread crumbs, and put them into boiling lard. Fry of a nice pale brown, and be careful not to take off the light roughness of the crumbs, or their beauty will be spoiled. Dry them before the fire on a drainer, and serve with plain melted butter. This fish is often used as a garnishing.

Time.—5 minutes.

Average cost, 2s. per dozen.

Seasonable from October to May.



THE SMELT.

THE SMELT.—This is a delicate little fish, and is in high esteem. Mr. Yarrell asserts that the true smelt is entirely confined to the western and eastern coasts of Britain. It very rarely ventures far from the shore, and is plentiful in November, December, and January.

BAKED SOLES.

320. **INGREDIENTS.**—2 soles, $\frac{1}{2}$ lb. of butter, egg, and bread crumbs, minced parsley, 1 glass of sherry, lemon-juice; cayenne and salt to taste.

Mode.—Clean, skin, and well wash the fish, and dry them thoroughly in a cloth. Brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley, lay them in a large flat baking-dish, white side uppermost; or if it will not hold the two soles, they may each be laid on a dish by itself; but they must not be put one on the top of the other. Melt the butter, and pour it over the whole, and bake for 20 minutes. Take a portion of the gravy that flows from the fish, add the wine, lemon-juice, and seasoning, give it one boil, skim, pour it *under* the fish, and serve.

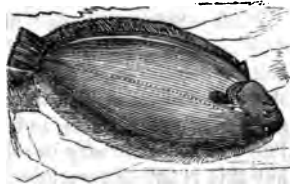
Time.—20 minutes. *Average cost,* 1s. to 2s. per pair.

Seasonable at any time.

Sufficient for 4 or 5 persons.

TO CHOOSE SOLES.—This fish should be both thick and firm. If the skin is difficult to be taken off, and the flesh looks grey, it is good.

THE SOLE.—This ranks next to the turbot in point of excellence among our flat fish. It is abundant on the British coasts, but those of the western shores are much superior in size to those taken on the northern. The finest are caught in Torbay, and frequently weigh 9 or 10 lbs. per pair. Its flesh being firm, white, and delicate, is greatly esteemed.



THE SOLE.

BOILED SOLES.

321. **INGREDIENTS.**— $\frac{1}{4}$ lb. salt to each gallon of water.

Mode.—Cleanse and wash the fish carefully, cut off the fins, but do not skin it. Lay it in a fish-kettle, with sufficient cold water to cover it, salted in the above proportion. Let it gradually come to a boil, and keep it simmering for a few minutes, according to the size of the fish. Dish it on a hot napkin after well draining it, and garnish with parsley and cut lemon. Shrimp, or lobster sauce, and plain melted butter, are usually sent to table with this dish.

Time.—After the water boils, 7 minutes for a middling-sized sole.

Average cost, 1s. to 2s. per pair.

Seasonable at any time.

Sufficient.—1 middling-sized sole for 2 persons.

SOLE OR COD PIE.

322. **INGREDIENTS.**—The remains of cold boiled sole or cod, seasoning to taste of pepper, salt, and pounded mace, 1 dozen oysters to each lb. of fish, 3 tablespoonfuls of white stock, 1 teacupful of cream thickened with flour, puff paste.

Mode.—Clear the fish from the bones, lay it in a pie-dish, and between each layer put a few oysters and a little seasoning; add the stock, and, when liked, a small quantity of butter; cover with puff paste, and bake for $\frac{1}{2}$ hour. Boil the cream with sufficient flour to thicken it; pour in the pie, and serve.

Time.— $\frac{1}{2}$ hour. *Average cost* for this quantity, 10d.

Seasonable at any time.

Sufficient for 4 persons.

SOLES WITH CREAM SAUCE.

323. **INGREDIENTS.**—2 soles; salt, cayenne, and pounded mace to taste; the juice of $\frac{1}{2}$ lemon, salt and water, $\frac{1}{2}$ pint of cream.

Mode.—Skin, wash, and fillet the soles, and divide each fillet in 2 pieces; lay them in cold salt and water, which bring gradually to a boil. When the water boils, take out the fish, lay it in a delicately clean stewpan, and cover with the cream. Add the seasoning, simmer very gently for ten minutes, and, just before serving, put in the lemon-juice. The fillets may be rolled, and secured by means of a skewer; but this is not so economical a way of dressing them, as double the quantity of cream is required.

Time.—10 minutes in the cream.

Average cost, from 1s. to 2s. per pair. Seasonable at any time.

Sufficient for 4 or 5 persons.

This will be found a most delicate and delicious dish.

THE SOLE A FAVOURITE WITH THE ANCIENT GREEKS.—This fish was much sought after by the ancient Greeks on account of its light and nourishing qualities. The brill, the flounder, the diamond and Dutch plaice, which, with the sole, were known under the general name of *passeres*, were all equally esteemed, and had generally the same qualities attributed to them.

FILLETED SOLES A L'ITALIENNE.

324. **INGREDIENTS.**—2 soles; salt, pepper, and grated nutmeg to taste; egg and bread crumbs, butter, the juice of 1 lemon.

Mode.—Skin, and carefully wash the soles, separate the meat from the bone, and divide each fillet in two pieces. Brush them over with white of egg, sprinkle with bread crumbs and seasoning, and put them in a baking-dish. Place small pieces of butter over the whole, and bake for $\frac{1}{2}$ hour. When they are nearly done, squeeze the juice of a lemon over them, and serve on a dish, with Italian sauce (*see Sauces*) poured over.

Time.— $\frac{1}{2}$ hour. *Average cost, from 1s. to 2s. per pair.*

Seasonable at any time.

Sufficient for 4 or 5 persons.

WHITING may be dressed in the same manner, and will be found very delicious.

THE FLAVOUR OF THE SOLE.—This, as a matter of course, greatly depends on the nature of the ground and bait upon which the animal feeds: Its natural food are small crabs and shell-fish. Its colour also depends on the colour of the ground where it feeds; for if this be white, then the sole is called the white, or lemon sole; but if the bottom be muddy, then it is called the black sole. Small-sized soles, caught in shallow water on the coasts, are the best in flavour.

FRICASSEED SOLES.

325. **INGREDIENTS.**—2 middling-sized soles, 1 small one, $\frac{1}{2}$ teaspoonful of chopped lemon-peel, 1 teaspoonful of chopped parsley, a little grated bread; salt, pepper, and nutmeg to taste; 1 egg, 2 oz. butter, $\frac{1}{2}$ pint of good gravy, 2 tablespoonfuls of port wine, cayenne and lemon-juice to taste.

Mode.—Fry the soles of a nice brown, as directed in recipe No. 327, and drain them well from fat. Take all the meat from the small sole, chop it fine, and mix with it the lemon-peel, parsley, bread, and seasoning; work altogether, with the yolk of an egg and the butter; make this into small balls, and fry them. Thicken the gravy with a dessert-spoonful of flour, add the port wine, cayenne, and lemon-

juice; lay in the 2 soles and balls; let them simmer gently for 5 minutes; serve hot, and garnish with cut lemon.

Time.—10 minutes to fry the soles.

Average cost for this quantity, 3s.

Seasonable at any time. *Sufficient for 4 or 5 persons*.

HOW SOLES ARE CAUGHT.—The instrument usually employed is a trawl net, which is shaped like a pocket, of from sixty to eighty feet long, and open at the mouth from thirty-two to forty feet, and three deep. This is dragged along the ground by the vessel, and on the art of the fisherman in its employment, in a great measure depends the quality of the fish he catches. If, for example, he drags the net too quickly, all that are caught are swept rapidly to the end of the net, where they are smothered, and sometimes destroyed. A medium has to be observed, in order that as few as possible escape being caught in the net, and as many as possible preserved alive in it.

FRIED FILLETED SOLES.

326. Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. Skin and wash the fish, and raise the meat carefully from the bones, and divide it into nice handsome pieces. The more usual way is to roll the fillets, after dividing each one in two pieces, and either bind them round with twine, or run a small skewer through them. Brush over with egg, and cover with bread crumbs; fry them as directed in the foregoing recipe, and garnish with fried parsley and cut lemon. When a pretty dish is desired, this is by far the most elegant mode of dressing soles, as they look much better than when fried whole. (*See Coloured Plate A.*) Instead of rolling the fillets, they may be cut into square pieces, and arranged in the shape of a pyramid on the dish.

Time.—About 10 minutes. *Average cost*, from 1s. to 2s. per pair.

Seasonable at any time.

Sufficient,—2 large soles for 6 persons.

FRIED SOLES.

327. **INGREDIENTS.**—2 middling-sized soles, hot lard or clarified dripping, egg, and bread crumbs.

Mode.—Skin and carefully wash the soles, and cut off the fins, wipe them very dry, and let them remain in the cloth until it is time to dress them. Have ready some fine bread crumbs and beaten egg; dredge the soles with a little flour, brush them over with egg, and cover with bread crumbs. Put them in a deep pan, with plenty of clarified dripping or lard (when the expense is not objected to, oil is still better) heated, so that it may neither scorch the fish nor make them sodden. When they are sufficiently cooked on one side, turn them carefully, and brown them on the other: they may be considered ready when a thick smoke rises. Lift them out carefully, and lay

them before the fire on a reversed sieve and soft paper, to absorb the fat. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish: this may be always avoided by dressing them in good time, and allowing a few minutes for them to get thoroughly crisp, and free from greasy moisture. Dish them on a hot napkin, garnish with cut lemon and fried parsley, and send them to table with shrimp sauce and plain melted butter.

Time.—10 minutes for large soles; less time for small ones.

Average cost, from 1s. to 2s. per pair.

Seasonable at any time.

Sufficient for 4 or 5 persons.

SOLES WITH MUSHROOMS.

328. **INGREDIENTS.**—1 pint of milk, 1 pint of water, 1 oz. butter, 1 oz. salt, a little lemon-juice, 2 middling-sized soles.

Mode.—Cleanse the soles, but do not skin them, and lay them in a fish-kettle, with the milk, water, butter, salt, and lemon-juice. Bring them gradually to boil, and let them simmer very gently till done, which will be in about 7 minutes. Take them up, drain them well on a cloth, put them on a hot dish, and pour over them a good mushroom sauce. (*See Sauces.*)

Time.—After the water boils, 7 minutes.

Seasonable at any time.

Sufficient for 4 persons.

SPRATS.

329. Sprats should be cooked very fresh, which can be ascertained by their bright and sparkling eyes. Wipe them dry; fasten them in rows by a skewer run through the eyes; dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot.

Time.—3 or 4 minutes. *Average cost*, 1d. per lb.

Seasonable from November to March.

TO CHOOSE SPRATS.—Choose these from their silvery appearance, as the brighter they are, so are they the fresher.

SPRATS FRIED IN BATTER.

330. **INGREDIENTS.**—2 eggs, flour, bread crumbs; seasoning of salt and pepper to taste.

Mode.—Wipe the sprats, and dip them in a batter made of the above ingredients. Fry of a nice brown, serve very hot, and garnish with fried parsley.

Sprats may be baked like herrings. (*See No. 268.*)

DRIED SPRATS.

331. Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them.

THE SPRAT.—This migratory fish is rarely found longer than four or five inches, and visits the shores of Britain after the herring and other kinds of fish have taken their departure from them. On the coasts of Suffolk, Essex, and Kent, they are very abundant, and from 400 to 500 boats are employed in catching them during the winter season. Besides plentifully supplying the London market, they are frequently sold at sixpence a bushel to farmers for manuring purposes. They enter the Thames about the beginning of November, and leave it in March. At Yarmouth and Gravesend they are cured like red herrings.



THE SPRAT.

BAKED STURGEON.

332. **INGREDIENTS.**—1 small sturgeon, salt and pepper to taste, 1 small bunch of herbs, the juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ lb. of butter, 1 pint of white wine.

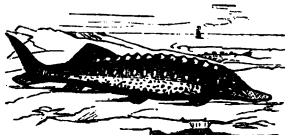
Mode.—Cleanse the fish thoroughly, skin it, and split it along the belly without separating it; have ready a large baking-dish, in which lay the fish, sprinkle over the seasoning and herbs very finely minced, and moisten it with the lemon-juice and wine. Place the butter in small pieces over the whole of the fish, put it in the oven, and baste frequently; brown it nicely, and serve with its own gravy.

Time.—Nearly 1 hour. *Average cost*, 1s. to 1s. 6d. per lb.

Seasonable from August to March.

THE STURGEON.—This fish commences the sixth of the Linnæan order, and all the species are large, seldom measuring, when full-grown, less than three or four feet in length. Its flesh is reckoned extremely delicious, and, in the time of the emperor Severus, was so highly valued by the ancients, that it was brought to table by servants crowned with coronets, and preceded by a band of music. It is an inhabitant of the Baltic, the Mediterranean, the Caspian, and the Black Sea, and of the Danube, the Volga, the Don, and other large rivers. It is abundant in the rivers of North America, and is occasionally taken in the Thames, as well as in the Eske and the Eden. It is one of those fishes considered as royal property. It is from its roe that *caviare*, a favourite food of the Russians, is prepared. Its flesh is delicate,

firm, and white, but is rare in the London market, where it sells for 1s. or 1s. 6d. per lb. **THE STEELT** is a smaller species of sturgeon, found in the Caspian Sea and some Russian rivers. It also is greatly prized on account of the delicacy of its flesh.



THE STURGEON.

ROAST STURGEON.

333. **INGREDIENTS.**—Veal stuffing, buttered paper, the tail-end of a sturgeon.

Mode.—Cleanse the fish, bone and skin it; make a nice veal stuffing

(see Force-meats), and fill it with the part where the bones came from; roll it in buttered paper, bind it up firmly with tape, like a fillet of veal, and roast it in a Dutch oven before a clear fire. Serve with good brown gravy, or plain melted butter.

Time.—About 1 hour. *Average cost*, 1s. to 1s. 6d. per lb.

Seasonable from August to March.

Nets.—Sturgeon may be plain-bellied, and served with Dutch sauce. The fish is very firm, and requires long boiling.

ESTIMATE OF THE STURGEON BY THE ANCIENTS.—By the ancients, the flesh of this fish was compared to the ambrosia of the immortals. The poet Martial passes a high eulogium upon it, and assigns it a place on the luxurious tables of the Palatine Mount. If we may credit a modern traveller in China, the people of that country generally entirely abstain from it, and the sovereign of the Celestial Empire confines it to his own kitchen, or dispenses it to only a few of his greatest favourites.

MATELOT OF TENCH.

334. **INGREDIENTS.**— $\frac{1}{2}$ pint of stock No. 105, $\frac{1}{2}$ pint of port wine, 1 dozen button onions, a few mushrooms, a faggot of herbs, 2 blades of mace, 1 oz. of butter, 1 teaspoonful of minced parsley, thyme, 1 shalot, 2 anchovies, 1 teacupful of stock No. 105, flour, 1 dozen oysters, the juice of $\frac{1}{2}$ lemon; the number of tench, according to size.

Mode.—Scale and clean the tench, cut them into pieces, and lay them in a stewpan; add the stock, wine, onions, mushrooms, herbs, and mace, and simmer gently for $\frac{1}{2}$ hour. Put into another stewpan all the remaining ingredients but the oysters and lemon-juice, and boil slowly for 10 minutes, when add the strained liquor from the tench, and keep stirring it over the fire until somewhat reduced. Rub it through a sieve, pour it over the tench with the oysters, which must be previously scalded in their own liquor, squeeze in the lemon-juice, and serve. Garnish with croûtons.

Time.— $\frac{3}{4}$ hour.

Seasonable from October to June.

THE TENCH.—This fish is generally found in foul and weedy waters, and in such places as are well supplied with rushes. They thrive best in standing waters, and are more numerous in pools and ponds than in rivers. Those taken in the latter, however, are preferable for the table. It does not often exceed four or five pounds in weight, and is in England esteemed as a delicious and wholesome food. As, however, they are sometimes found in waters where the mud is excessively fetid, their flavour, if cooked immediately on being caught, is often very unpleasant; but if they are transferred into clear water, they soon recover from the obnoxious taint.



THE TENCH.

TENCH STEWED WITH WINE.

335. **INGREDIENTS.**— $\frac{1}{2}$ pint of stock No. 105, $\frac{1}{2}$ pint of Madeira or

sherry, salt and pepper to taste, 1 bay-leaf, thickening of butter and flour.

Mode.—Clean and crimp the tench; carefully lay it in a stewpan with the stock, wine, salt and pepper, and bay-leaf; let it stew gently for $\frac{1}{2}$ hour; then take it out, put it on a dish, and keep hot. Strain the liquor, and thicken it with butter and flour kneaded together, and stew for 5 minutes. If not perfectly smooth, squeeze it through a tammy, add a very little cayenne, and pour over the fish. Garnish with balls of veal forcemeat.

Time.—Rather more than $\frac{1}{2}$ hour.

Seasonable from October to June.

A SINGULAR QUALITY IN THE TENCH.—It is said that the tench is possessed of such healing properties among the finny tribes, that even the voracious pike spares it on this account.

The pike, fell tyrant of the liquid plain,
With ravenous waste devours his fellow train;
Yet howsoe'er with raging famine pined,
The tench he spares, a medicinal kind;
For when by wounds distress'd, or sore disease,
He courts the salutary fish for ease;
Close to his scales the kind physician glides,
And sweats a healing balsam from his sides.

In our estimation, however, this self-denial in the pike may be attributed to a less poetical cause; namely, from the mud-loving disposition of the tench, it is enabled to keep itself so completely concealed at the bottom of its aqueous haunts, that it remains secure from the attacks of its predatory neighbour.

STEWED TROUT.

336. INGREDIENTS.—2 middling-sized trout, $\frac{1}{2}$ onion cut in thin slices, a little parsley, 2 cloves, 1 blade of mace, 2 bay-leaves, a little thyme, salt and pepper to taste, 1 pint of medium stock No. 105, 1 glass of port wine, thickening of butter and flour.

Mode.—Wash the fish very clean, and wipe it quite dry. Lay it in a stewpan, with all the ingredients but the butter and flour, and simmer gently for $\frac{1}{2}$ hour, or rather more, should not the fish be quite done. Take it out, strain the gravy, add the thickening, and stir it over a sharp fire for 5 minutes; pour it over the trout, and serve.

Time.—According to size, $\frac{1}{2}$ hour or more.

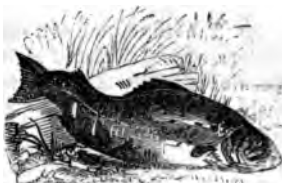
Average cost.—Seldom bought.

Seasonable from May to September, and fatter from the middle to the end of August than at any other time.

Sufficient for 4 persons.

Trout may be served with anchovy or caper sauce, baked in buttered paper, or fried whole like smelts. Trout dressed à la Gènevese is extremely delicate; for this proceed the same as with salmon, No. 307.

THE TROUT.—This fish, though esteemed by the moderns for its delicacy, was little regarded by the ancients. Although it abounded in the lakes of the Roman empire, it is generally mentioned by writers only on account of the beauty of its colours. About the end of September, they quit the deep water to which they had retired during the hot weather, for the purpose of spawning. This they always do on a gravelly bottom, or where gravel and sand are mixed among stones, towards the end or by the sides of streams. At this period they become black about the head and body, and become soft and unwholesome. They are never good when they are large with roe; but there are in all trout rivers some barren female fish, which continue good throughout the winter. In the common trout, the stomach is uncommonly strong and muscular, shell-fish forming a portion of the food of the animal; and it takes into its stomach gravel or small stones in order to assist in comminuting it.



THE TROUT.

BOILED TURBOT.

337. **INGREDIENTS.**—6 oz. of salt to each gallon of water.

Mode.—Choose a middling-sized turbot; for they are invariably the most valuable: if very large, the meat will be tough and thready. Three or four hours before dressing, soak the fish in salt and water to take off the slime; then thoroughly cleanse it, and with a knife make an incision down the middle of the back, to prevent the skin of the belly from cracking. Rub it over with lemon, and be particular not to cut off the fins. Lay the fish in a very clean turbot-kettle, with sufficient cold water to cover it, and salt in the above proportion. Let it gradually come to a boil, and skim very carefully; keep it gently simmering, and on no account let it boil fast, as the fish would have a very unsightly appearance. When the meat separates easily from the bone, it is done; then take it out, let it drain well, and dish it on a hot napkin. Rub a little lobster spawn through a sieve, sprinkle it over the fish, and garnish with tufts of parsley and cut lemon. Lobster or shrimp sauce, and plain melted butter, should be sent to table with it. (*See Coloured Plate E.*)

Time.—After the water boils, about $\frac{1}{2}$ hour for a large turbot; middling size, about 20 minutes.

Average cost.—large turbot, from 10s. to 12s.; middling size, from 12s. to 15s.

Seasonable at any time.

Sufficient, 1 middling-sized turbot for 8 persons.

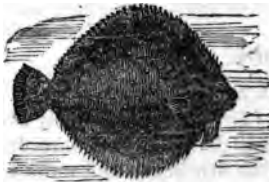
Note.—An amusing anecdote is related, by Miss Edgeworth, of a bishop, who, descending to his kitchen to superintend the dressing of a turbot, and discovering that his cook had stupidly cut off the fins, immediately commenced sewing them on again with his own episcopal fingers. This dignitary knew the value of a turbot's gelatinous appendages.

GARNISH FOR TURBOT OR OTHER LARGE FISH.

338. Take the crumb of a stale loaf, cut it into small pyramids with flat tops, and on the top of each pyramid, put rather more than a table-spoonful of **white of egg** beaten to a stiff froth. Over this, sprinkle **finely-chopped parsley** and fine raspings of a dark colour. Arrange these on the napkin round the fish, one green and one brown alternately.

TO CHOOSE TURBOT.—See that it is thick, and of a yellowish white; for if of a bluish tint, it is not good.

THE TURBOT.—This is the most esteemed of all our flat fish. The northern parts of the English coast, and some places off the coast of Holland, produce turbot in great abundance, and in greater excellence than any other parts of the world. The London market is chiefly supplied by Dutch fishermen, who bring to it nearly 90,000 a year. The flesh is firm, white, rich, and gelatinous, and is the better for being kept a day or two previous to cooking it. In many parts of the country, turbot and halibut are indiscriminately sold for each other. They are, however, perfectly distinct; the upper parts of the former being marked with large, unequal, and obtuse tubercles, while those of the other are quite smooth, and covered with oblong soft scales, which firmly adhere to the body.



THE TURBOT.



TURBOT-KETTLE.

FISH-KETTLES are made in an oblong form, and have two handles, with a movable bottom, pierced full of holes, on which the fish is laid, and on which it may be lifted from the water, by means of two long handles attached to each side of the movable bottom. This is to prevent the liability of breaking the fish, as it would necessarily be if it were cooked in a common saucepan. In the list of Messrs. Richard and John Slack (*see* 71), the price of two of these is set down at 10s. The turbot-kettle, as will be seen by our cut, is made differently from ordinary fish-kettles, it being less deep, whilst it is wider, and more pointed at the sides; thus exactly answering to the shape of the fish which it is intended should be boiled in it. It may be obtained from the same manufacturers, and its price is £1.

BAKED FILLETS OF TURBOT.

339. **INGREDIENTS.**—The remains of cold turbot, lobster sauce left from the preceding day, egg, and bread crumbs; cayenne and salt to taste; minced parsley, nutmeg, lemon-juice.

Mode.—After having cleared the fish from all skin and bone, divide it into square pieces of an equal size; brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley and seasoning. Lay the fillets in a baking-dish, with sufficient butter to baste with. Bake for $\frac{1}{4}$ hour, and do not forget to keep them well moistened with the butter. Put a little lemon-juice and grated nutmeg to the cold lobster sauce; make it hot, and pour over the fish,

which must be well drained from the butter. Garnish with parsley and cut lemon.

Time.—Altogether, $\frac{1}{2}$ hour.

Seasonable at any time.

Note.—Cold turbot thus warmed in the remains of lobster sauce will be found much nicer than putting the fish again in water.

FILLETTS OF TURBOT A L'ITALIENNE.

340. *INGREDIENTS*.—The remains of cold turbot, Italian sauce. (*See Sauces*.)

Mode.—Clear the fish carefully from the bone, and take away all skin, which gives an unpleasant flavour to the sauce. Make the sauce hot, lay in the fish to warm through, but do not let it boil. Garnish with croûtons.

Time.—5 minutes.

Seasonable all the year.

THE ANCIENT ROMANS' ESTIMATE OF TURBOT.—As this luxurious people compared soles to partridges, and sturgeons to peacocks, so they found a resemblance to the turbot in the pheasant. In the time of Domitian, it is said one was taken of such dimensions as to require, in the imperial kitchen, a new stove to be erected, and a new dish to be made for it, in order that it might be cooked and served whole: not even imperial Rome could furnish a stove or a dish large enough for the monstrous animal. Where it was caught, we are not aware; but the turbot of the Adriatic Sea held a high rank in the "Eternal City."

TURBOT A LA CREME.

341. *INGREDIENTS*.—The remains of cold turbot. *For sauce*, 2 oz. of butter, 4 tablespoonfuls of cream; salt, cayenne, and pounded mace to taste.

Mode.—Clear away all skin and bone from the flesh of the turbot, which should be done when it comes from table, as it causes less waste when trimmed hot. Cut the flesh into nice square pieces, as equally as possible; put into a stewpan the butter, let it melt, and add the cream and seasoning; let it just simmer for one minute, but not boil. Lay in the fish to warm, and serve it garnished with croûtons or a paste border.

Time.—10 minutes.

Seasonable at any time.

Note.—The remains of cold salmon may be dressed in this way, and the above mixture may be served in a *vol-au-vent*.

TURBOT AU GRATIN.

342. *INGREDIENTS*.—Remains of cold turbot, béchamel (*see Sauces*), bread crumbs, butter.

Mode.—Cut the flesh of the turbot into small dice, carefully freeing it from all skin and bone. Put them into a stewpan, and moisten with 4 or 5 tablespoonfuls of béchamel. Let it get thoroughly hot, but do not allow it to boil. Spread the mixture on a dish, cover with finely-grated bread crumbs, and place small pieces of butter over the top. Brown it in the oven, or with a salamander.

Time.—Altogether, $\frac{1}{2}$ hour. *Seasonable* at any time.

BOILED WHITING.

343. *INGREDIENTS.*— $\frac{1}{4}$ lb. of salt to each gallon of water.

Mode.—Cleanse the fish, but do not skin them; lay them in a fish-kettle, with sufficient cold water to cover them, and salt in the above proportion. Bring them gradually to a boil, and simmer gently for about 5 minutes, or rather more should the fish be very large. Dish them on a hot napkin, and garnish with tufts of parsley. Serve with anchovy or caper sauce, and plain melted butter.

Time.—After the water boils, 5 minutes.

Average cost for small whittings, 4d. each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

To CHOOSE WHITING.—Choose for the firmness of its flesh and the silvery hue of its appearance.



THE WHITING.

When less than six inches long, it is not allowed to be caught.

THE WHITING.—This fish forms a light, tender, and delicate food, easy of digestion. It appears in our seas in the spring, within three miles of the shores, where it arrives in large shoals to deposit its spawn. It is caught by line, and is usually between ten and twelve inches long, and seldom exceeding a pound and a half in weight. On the edge of the Dogger Bank, however, it has been caught so heavy as to weigh from three to seven or eight pounds.

BROILED WHITING.

344. *INGREDIENTS.*—Salt and water, flour.

Mode.—Wash the whiting in salt and water, wipe them thoroughly, and let them remain in the cloth to absorb all moisture. Flour them well, and broil over a very clear fire. Serve with *maître d'hôtel* sauce, or plain melted butter (*see Sauces*). Be careful to preserve the liver, as by some it is considered very delicate.

Time.—5 minutes for a small whiting. *Average cost*, 4d. each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

BUCKHORN.—Whittings caught in Cornwall are salted and dried, and in winter taken to the markets, and sold under the singular name of "Buckhorn."

FRIED WHITING.

345. **INGREDIENTS.**—Egg and bread crumbs, a little flour, hot lard or clarified dripping.

Mode.—Take off the skin, clean, and thoroughly wipe the fish free from all moisture, as this is most essential, in order that the egg and bread crumbs may properly adhere. Fasten the tail in the mouth by means of a small skewer, brush the fish over with egg, dredge with a little flour, and cover with bread crumbs. Fry them in hot lard or clarified dripping of a nice colour, and serve them on a napkin, garnished with fried parsley. (See Coloured Plate D.) Send them to table with shrimp sauce and plain melted butter.

Time.—About 6 minutes. *Average cost, 4d. each.*

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

Note.—Large whittings may be filleted, rolled, and served as fried filleted soles (see Coloured Plate A). Small fried whittings are frequently used for garnishing large boiled fish, such as turbot, cod, &c.

WHITING AU GRATIN, or BAKED WHITING.

346. **INGREDIENTS.**—4 whiting, butter, 1 tablespoonful of minced parsley, a few chopped mushrooms when obtainable; pepper, salt, and grated nutmeg to taste; butter, 2 glasses of sherry or Madeira, bread crumbs.

Mode.—Grease the bottom of a baking-dish with butter, and over it, strew some minced parsley and mushrooms. Scale, empty, and wash the whittings, and wipe them thoroughly dry, carefully preserving the livers. Lay them in the dish, sprinkle them with bread crumbs and seasoning, adding a little grated nutmeg, and also a little more minced parsley and mushrooms. Place small pieces of butter over the whiting, moisten with the wine, and bake for 20 minutes in a hot oven. If there should be too much sauce, reduce it by boiling over a sharp fire for a few minutes, and pour under the fish. Serve with a cut lemon, and no other sauce.

Time.—20 minutes. *Average cost, 4d. each.*

Seasonable all the year, but best from October to March.

Sufficient.—This quantity for 4 or 5 persons.

WHITING AUX FINES HERBES.

347. **INGREDIENTS.**—1 bunch of sweet herbs chopped very fine; butter.

Mode.—Clean and skin the fish, fasten the tails in the mouths, and

a bunch of chopped parsley, some roots, and sufficient salt to make it brackish. Let these simmer for 1 hour, and then stew the fish in this water. When they are done, take them out to drain, have ready some finely-chopped parsley, and a few roots cut into slices of about one inch thick and an inch in length. Put the fish in a tureen or deep dish, strain the liquor over them, and add the minced parsley and roots. Serve with brown bread and butter.

353. SUPPLY OF FISH TO THE LONDON MARKET.—From Mr. Mayhew's work on "London Labour and the London Poor," and other sources, we are enabled to give the following table of the total annual supply of fish to the London market:—

Description of Fish.	Number of Fish.	Weight of Fish in lbs.
WET FISH.		
Salmon and Salmon-Trout (29,000 boxes, 14 fish per box)	406,000 ...	3,480,000
Turbot, from 2 to 16 lbs. each	800,000 ...	5,600,000
Live Cod, averaging 10 lbs. each	400,000 ...	4,000,000
Soles, averaging $\frac{1}{2}$ lb. each	97,520,000 ...	26,890,000
Brill and Mullet, averaging 3 lbs. each	1,220,000 ...	3,366,000
Whiting, averaging 6 oz. each	17,920,000 ...	6,720,000
Haddock, averaging 2 lbs. each	2,470,000 ...	4,940,000
Plaice, averaging 1 lb. each	33,600,000 ...	33,600,000
Mackerel, averaging 1 lb. each	23,520,000 ...	23,520,000
Fresh herrings (250,000 barrels, 700 fish per barrel)	175,000,000 ...	42,000,000
Ditto, in bulk	1,050,000,000 ...	252,000,000
Sprats	—	4,000,000
Eels (from Holland principally) England & Ireland	9,797,760 ...	1,632,960
Flounders	259,200 ...	43,200
Dabs	270,000 ...	43,750
DRY FISH.		
Barrelled Cod (15,000 barrels, 40 fish per barrel)	750,000 ...	4,200,000
Dried Salt Cod, 5 lbs. each	1,600,000 ...	8,000,000
Smoked Haddock (65,000 barrels, 300 fish per barrel)	19,500,000 ...	10,920,000
Bloaters, 265,000 baskets (150 fish per basket)	147,000,000 ...	10,600,000
Red Herrings, 100,000 barrels (500 fish per barrel)	50,000,000 ...	14,000,000
Dried Sprats, 9,600 large bundles (30 fish per bundle)	288,000 ..	9,600
SHELL FISH.		
Oysters	495,896,000	
Lobsters, averaging 1 lb. each	1,200,000 ...	1,200,000
Crabs, averaging 1 lb. each	600,000 ...	600,000
Shrimps, 324 to a pint	498,428,648	
Whelks, 227 to a half-bushel	4,943,200	
Mussels, 1,000 to ditto	50,400,000	
Cockles, 2,000 to ditto	87,392,000	
Periwinkles, 4,000 to ditto	304,000,000	

The whole of the above may be, in round numbers, reckoned to amount to the enormous number of 3,000,000,000 fish, with a weight of 300,000 tons.

ADDENDUM AND ANECDOTE.

It will be seen, from the number and variety of the recipes which we have been enabled to give under the head of FISH, that there exists in the salt ocean, and fresh-water rivers, an abundance of aliment, which the present state of gastronomic art enables the cook to introduce to the table in the most agreeable forms, and oftentimes at a very moderate cost.

Less nutritious as a food than the flesh of animals, more succulent than vegetables, fish may be termed a middle dish, suited to all temperaments and constitutions; and one which those who are recovering from illness may partake of with safety and advantage.

As to which is the best fish, there has been much discussion. The old Latin proverb, however, *de gustibus non disputandum*, and the more modern Spanish one, *sobre los gustos no hai disputa*, declare, with equal force, that where *taste* is concerned, no decision can be arrived at. Each person's palate may be differently affected—pleased or displeased; and there is no standard by which to judge why a red mullet, a sole, or a turbot, should be better or worse than a salmon, trout, pike, or a tiny tench.

Fish, as we have explained, is less nourishing than meat; for it is lighter in weight, size for size, and contains no ozmasome (*see* No. 100). Shell-fish, oysters particularly, furnish but little nutriment; and this is the reason why so many of the latter can be eaten without injury to the system.

In Brillat Savarin's* clever and amusing volume, "The Physiology of Taste," he says, that towards the end of the eighteenth century it was a most common thing for a well-arranged entertainment in Paris to commence with oysters, and that many guests were not contented without swallowing twelve dozen. Being anxious to know the weight of this advanced-guard, he ascertained that a dozen oysters, fluid included, weighed 4 ounces,—thus, the twelve dozen would weigh about 3 lbs.; and there can be no doubt, that the same persons who made no worse a dinner on account of having partaken of the oysters, would have been completely satisfied if they had eaten the same weight of chicken or mutton. An anecdote, perfectly well authenticated, is narrated of a French gentleman (M. Laperte), residing at Versailles, who was extravagantly fond of oysters, declaring he never had enough. Savarin resolved to procure him the satisfaction, and gave him an invitation to dinner, which was duly accepted. The guest arrived, and his host kept company with him in swallowing the delicious bivalves up to the tenth dozen, when, exhausted,

* Brillat Savarin was a French lawyer and judge of considerable eminence and great talents, and wrote, under the above title, a book on gastronomy, full of instructive information, enlivened with a fund of pleasantly-told anecdote.

he gave up, and let M. Laperte go on alone. This gentleman managed to eat thirty-two dozen within an hour, and would doubtless have got through more, but the person who opened them is described as not being very skilful. In the interim Savarin was idle, and at length, tired with his painful state of inaction, he said to Laperte, whilst the latter was still in full career, "Mon cher, you will not eat as many oysters to-day as you meant; let us dine." They dined, and the insatiable oyster-eater acted at the repast as if he had fasted for a week.

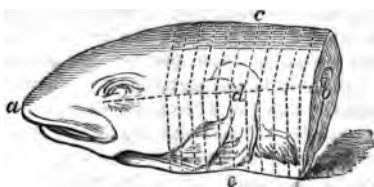
FISH CARVING.

GENERAL DIRECTIONS FOR CARVING FISH.

IN CARVING FISH, care should be taken to help it in perfect flakes, as, if these are broken, the beauty of the fish is lost. The carver should be acquainted, too, with the choicest parts and morsels; and to give each guest an equal share of these *vôlets* should be his maxim. Steel knives and forks should on no account be used in helping fish, as these are liable to impart to it a very disagreeable flavour. Where silver fish-carvers are considered too dear to be bought, good electro-plated ones answer very well, and are inexpensive. The prices set down for them by Messrs. Slack, of the Strand, are from a guinea upwards.

COD'S HEAD AND SHOULDERS.

(For recipe, see No. 232; and for mode of serving, Coloured Plate C.)



First run the knife along the centre of the side of the fish, namely, from *d* to *b*, down to the bone; then carve it in unbroken slices downwards from *d* to *e*, or upwards from *d* to *c*, as shown in the engraving. The carver should ask the

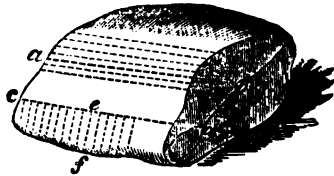
guests if they would like a portion of the roe and liver.

Note.—Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed by connoisseurs. The sound, which lines the fish beneath the backbone, is considered a delicacy, as are also the gelatinous parts about the head and neck.

SALMON.

(For recipe, see No. 301; and for mode of dressing, Coloured Plate B.)

First run the knife quite down to the bone, along the side of the fish, from *a* to *b*, and also from *c* to *d*. Then help the thick part lengthwise, that is, in the direction of the lines from *a* to *b*; and the thin part breadthwise, that is, in the direction of the lines from *e* to *f*, as shown in the engraving. A slice of the thick part should always be accompanied by a smaller piece of the thin from the belly, where lies the fat of the fish.



Note.—Many persons, in carving salmon, make the mistake of slicing the thick part of this fish in the opposite direction to that we have stated; and thus, by the breaking of the flakes, the beauty of its appearance is destroyed.

BOILED OR FRIED SOLE.

(For recipes, see Nos. 321 and 327.)

The usual way of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. A moderately-sized sole will be sufficient for three slices; namely, the head, middle, and tail. The guests should be asked which of these they prefer. A small one will only give two slices. If the sole is very large, the upper side may be raised from the bone, and then divided into pieces; and the under side afterwards served in the same way.

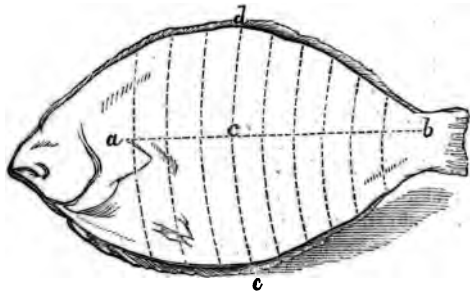
In helping FILLETED SOLES, one fillet is given to each person. (For mode of serving, see Coloured Plate A.)

TURBOT.

(For recipe, see No. 337; and for mode of serving, Coloured Plate E.)

First run the fish ~~slice~~ **down** the **thickest** part of the fish, quite through to the bone, from *a* to *b*, and then cut handsome and regular slices in the direction of the lines downwards, from *c* to *e*, and upwards from *c* to *d*, as shown in the engraving. When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, put on one side of the dish, and the under side helped as the upper.

A BRILL and JOHN DORY are carved in the same manner as a Turbot.



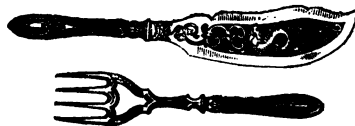
Note.—The thick parts of the middle of the back are the best slices in a turbot; and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and should be placed on each plate.

WHITING, &c.

Whiting, pike, haddock, and other fish, when of a sufficiently large size, may be carved in the same manner as salmon. When small, they may be cut through, bone and all, and helped in nice pieces, a middling-sized whiting serving for two slices.

Note.—The THICK part of the EEL is reckoned the best; and this holds good of all flat fish.

The TAIL of the LOBSTER is the prime part, and next to that the CLAWS.



FISH-CARVERS.



SAUCES, PICKLES, GRAVIES, AND FORCEMEATS.

CHAPTER IX.

GENERAL REMARKS.

354. AN ANECDOTE IS TOLD of the prince de Soubise, who, intending to give an entertainment, asked for the bill of fare. His *chef* came, presenting a list adorned with vignettes, and the first article of which, that met the prince's eye, was "fifty hams." "Bertrand," said the prince, "I think you must be extravagant; Fifty hams! do you intend to feast my whole regiment?" "No, Prince, there will be but one on the table, and the surplus I need for my *Espagnole*, blondes, garnitures, &c." "Bertrand, you are robbing me: this item will not do." "Monseigneur," said the *artiste*, "you do not appreciate me. Give me the order, and I will put those fifty hams in a crystal flask no longer than my thumb." The prince smiled, and the hams were passed. This was all very well for the prince de Soubise; but as we do not write for princes and nobles alone, but that our British sisters may make the best dishes out of the least expensive ingredients, we will also pass the hams, and give a few general directions concerning Sauces, &c.

355. THE PREPARATION AND APPEARANCE OF SAUCES AND GRAVIES are of the highest consequence, and in nothing does the talent and taste of the cook more display itself. Their special adaptability to the various viands they are to accompany cannot be too much studied, in order that they may harmonize and blend with them as perfectly, so to speak, as does a pianoforte accompaniment with the voice of the singer.

356. THE GENERAL BASIS OF MOST GRAVIES and some sauces is the same stock as that used for soups (*see* Nos. 104, 105, 106, and 107); and, by the

employment of these, with, perhaps, an additional slice of ham, a little spice, a few herbs, and a slight flavouring from some cold sauce or ketchup, very nice gravies may be made for a very small expenditure. A milt (either of a bullock or sheep), the shank-end of mutton that has already been dressed, and the necks and feet of poultry, may all be advantageously used for gravy, where much is not required. It may, then, be established as a rule, that there exists no necessity for good gravies to be expensive, and that there is no occasion, as many would have the world believe, to buy ever so many pounds of fresh meat, in order to furnish an ever so little quantity of gravy.

357. BROWN SAUCES, generally speaking, should scarcely be so thick as white sauces; and it is well to bear in mind, that all those which are intended to mask the various dishes of poultry or meat, should be of a sufficient consistency to slightly adhere to the fowls or joints over which they are poured. For browning and thickening sauces, &c., browned flour may be properly employed.

358. SAUCES SHOULD POSSESS A DECIDED CHARACTER; and whether sharp or sweet, savoury or plain, they should carry out their names in a distinct manner, although, of course, not so much flavoured as to make them too piquant on the one hand, or too mawkish on the other.

359. GRAVIES AND SAUCES SHOULD BE SENT TO TABLE VERY HOT; and there is all the more necessity for the cook to see to this point, as, from their being usually served in small quantities, they are more liable to cool quickly than if they were in a larger body. Those sauces, of which cream or eggs form a component part, should be well stirred, as soon as these ingredients are added to them, and must never be allowed to boil; as, in that case, they would instantly curdle.

360. ALTHOUGH PICKLES MAY BE PURCHASED at shops at as low a rate as they can usually be made for at home, or perhaps even for less, yet we would advise all housewives, who have sufficient time and convenience, to prepare their own. The only general rules, perhaps, worth stating here,—as in the recipes all necessary details will be explained, are, that the vegetables and fruits used should be sound, and not over ripe, and that the very best vinegar should be employed.

361. FOR FORCEMEATS, SPECIAL ATTENTION IS NECESSARY. The points which cooks should, in this branch of cookery, more particularly observe, are the thorough chopping of the suet, the complete mincing of the herbs, the careful grating of the bread-crumbs, and the perfect mixing of the whole. These are the three principal ingredients of forcemeats, and they can scarcely be cut too small, as nothing like a lump or fibre should be anywhere perceptible. To conclude, the flavour of no one spice or herb should be permitted to predominate.

RECIPES.

CHAPTER X.

Sauces, Pickles, Gravies, and Forcemeats.

ANCHOVY SAUCE FOR FISH.

INGREDIENTS.—4 anchovies, 1 oz. of butter, $\frac{1}{2}$ pint of melted butter, cayenne to taste.

Mode.—Bone the anchovies, and pound them in a mortar to a paste, with 1 oz. of butter. Make the melted butter hot, stir in the pounded anchovies and cayenne; simmer for 3 or 4 minutes; and if liked, add a squeeze of lemon-juice. A more general and expeditious way of making this sauce is to stir in $1\frac{1}{2}$ tablespoonfuls of anchovy essence to $\frac{1}{2}$ pint of melted butter, and to add seasoning to taste. Boil the whole up for 1 minute, and serve hot.

Time.—5 minutes. *Average cost, 5d. for $\frac{1}{2}$ pint.*

Sufficient, this quantity, for a brill, small turbot, 3 or 4 soles, &c.

ANCHOVY BUTTER (see No. 227).

CAYENNE.—This is the most acid and stimulating spice with which we are acquainted. It is a powder prepared from several varieties of the capsicum annual East-India plants, of which there are three so far naturalized in this country as to be able to grow in the open air: these are the Guinea, the Cherry, and the Bell pepper. All the pods of these are extremely pungent to the taste, and in the green state are used by us as a pickle. When ripe, they are ground into cayenne pepper, and sold as a condiment. The best of this, however, is made in the West Indies, from what is called the *Bird* pepper, on account of hens and turkeys being extremely partial to it. It is imported ready for use. Of the capsicum species of plants there are five; but the principal are,—1. *Capsicum annum*, the common long-podded capsicum, which is cultivated in our gardens, and of which there are two varieties, one with red, and another with yellow fruit. 2. *Capsicum baccatum*, or bird pepper, which rises with a shrubby stalk four or five feet high, with its berries growing at the division of the branches: this is small, oval-shaped, and of a bright-red colour, from which, as we have said, the best cayenne is made. 3. *Capsicum grossum*, the bell-pepper: the fruit of this is red, and is the only kind fit for pickling.



THE CAPSICUM.

APPLE SAUCE FOR GEESE, PORK, &c.

363. **INGREDIENTS.**—6 good-sized apples, sifted sugar to taste, a piece of butter the size of a walnut, water.

Mode.—Pare, core, and quarter the apples, and throw them into cold water to preserve their whiteness. Put them in a saucepan, with sufficient water to moisten them, and boil till soft enough to pulp. Beat them up, adding sugar to taste, and a small piece of butter. This quantity is sufficient for a good-sized tureen.

Time.—According to the apples, about $\frac{3}{4}$ hour. *Average cost, 4d.*
Sufficient, this quantity, for a goose or couple of ducks.

BROWN APPLE SAUCE.

364. **INGREDIENTS.**—6 good-sized apples, $\frac{1}{2}$ pint of brown gravy, cayenne to taste.

Mode. Put the gravy in a stewpan, and add the apples, after having pared, cored, and quartered them. Let them simmer gently till tender; beat them to a pulp, and season with cayenne. This sauce is preferred by many to the preceding.

Time.—According to the apples, about $\frac{3}{4}$ hour. *Average cost, 6d.*

ASPARAGUS SAUCE.

365. **INGREDIENTS.**—1 bunch of green asparagus, salt, 1 oz. of fresh butter, 1 small bunch of parsley, 3 or 4 green onions, 1 large lump of sugar, 4 tablespoonfuls of sauce tournée.

Mode.—Break the asparagus in the tender part, wash well, and put them into boiling salt and water to render them green. When they are tender, take them out, and put them into cold water; drain them on a cloth till all moisture is absorbed from them. Put the butter in a stewpan, with the parsley and onions; lay in the asparagus, and fry the whole over a sharp fire for 5 minutes. Add salt, the sugar and sauce tournée, and simmer for another 5 minutes. Rub all through a tammy, and if not a very good colour, use a little spinach green. This sauce should be rather sweet.

Time.—Altogether 40 minutes.

Average cost for this quantity, 1s. 4d.

ASPIC, or ORNAMENTAL SAVOURY JELLY.

366. **INGREDIENTS.**—4 lbs. of knuckle of veal, 1 cow-heel, 3 or 4 slices of ham, any poultry trimmings, 2 carrots, 1 onion, 1 faggot of

savoury herbs, 1 glass of sherry, 3 quarts of water; seasoning to taste of salt and whole white pepper; 3 eggs.

Mode.—Lay the ham on the bottom of a stewpan, cut up the veal and cow-heel into small pieces, and lay them on the ham; add the poultry trimmings, vegetables, herbs, sherry, and water, and let the whole simmer very gently for 4 hours, carefully taking away all scum that may rise to the surface; strain through a fine sieve, and pour into an earthen pan to get cold. Have ready a clean stewpan, put in the jelly, and be particular to leave the sediment behind, or it will not be clear. Add the whites of 3 eggs, with salt and pepper, to clarify; keep stirring over the fire, till the whole becomes very white; then draw it to the side, and let it stand till clear. When this is the case, strain it through a cloth or jelly-bag, and use it for moulding poultry, &c. (*See Explanation of French Terms, page 44.*) Tarragon vinegar may be added to give an additional flavour.

Time.—Altogether 4½ hours. *Average cost* for this quantity, 4s.

WHITE PEPPER.—This is the produce of the same plant as that which produces the black pepper, from which it is manufactured by steeping this in lime and water, and rubbing it between the hands till the coats come off. The best berries only will bear this operation; hence the superior qualities of white pepper fetch a higher price than those of the other. It is less acrid than the black, and is much prized among the Chinese. It is sometimes adulterated with rice-flour, as the black is with burnt bread. The berries of the pepper-plant grow in spikes of from twenty to thirty, and are, when ripe, of a bright-red colour. After being gathered, which is done when they are green, they are spread out in the sun, where they dry and become black and shrivelled, when they are ready for being prepared for the market.

BECHAMEL, or FRENCH WHITE SAUCE.

367. **INGREDIENTS.**—1 small bunch of parsley, 2 cloves, ½ bay-leaf, 1 small faggot of savoury herbs, salt to taste; 3 or 4 mushrooms, when obtainable; 2 pints of white stock, 1 pint of cream, 1 tablespoonful of arrowroot.

Mode.—Put the stock into a stewpan, with the parsley, cloves, bay-leaf, herbs, and mushrooms; add a seasoning of salt, but no pepper, as that would give the sauce a dusty appearance, and should be avoided. When it has boiled long enough to extract the flavour of the herbs, &c., strain it, and boil it up quickly again, until it is nearly half-reduced. Now mix the arrowroot smoothly with the cream, and let it simmer very gently for 5 minutes over a slow fire; pour to it the reduced stock, and continue to simmer slowly for 10 minutes, if the sauce be thick. If, on the contrary, it be too thin, it must be stirred over a sharp fire till it thickens. This is the foundation of many kinds of sauces, especially white sauces. Always make it thick, as you can easily thin it with cream, milk, or white stock.

Time.—Altogether, 2 hours. *Average cost*, 1s. per pint.



THE CLOVE.

THE CLOVE.—The clove-tree is a native of the Molucca Islands, particularly Amboyna, and attains the height of a laurel-tree, and no verdure is ever seen under it. From the extremities of the branches quantities of flowers grow, first white; then they become green, and next red and hard, when they have arrived at their clove state. When they become dry, they assume a yellowish hue, which subsequently changes into a dark brown. As an aromatic, the clove is highly stimulating, and yields an abundance of oil. There are several varieties of the clove; the best is called the *royal clove*, which is scarce, and which is blaker and smaller than the other kinds. It is a curious fact, that the flowers, when fully developed, are quite inodorous, and that the real fruit is not in the least aromatic. The form is that of a nail, having a globular head, formed of the four petals of the corolla, and four leaves of the calyx not expanded, with a nearly cylindrical germen, scarcely an inch in length, situate below.

BECHAMEL MAIGRE, or WITHOUT MEAT.

368. **INGREDIENTS.**—2 onions, 1 blade of mace, mushroom trimmings, a small bunch of parsley, 1 oz. of butter, flour, $\frac{1}{2}$ pint of water, 1 pint of milk, salt, the juice of $\frac{1}{2}$ lemon, 2 eggs.

Mode.—Put in a stewpan the milk, and $\frac{1}{2}$ pint of water, with the onions, mace, mushrooms, parsley, and salt. Let these simmer gently for 20 minutes. In the mean time, rub on a plate 1 oz. of flour and butter; put it to the liquor, and stir it well till it boils up; then place it by the side of the fire, and continue stirring until it is perfectly smooth. Now strain it through a sieve into a basin, after which put it back in the stewpan, and add the lemon-juice. Beat up the yolks of the eggs with about 4 dessertspoonfuls of milk; strain this to the sauce, keep stirring it over the fire, but do not let it boil, lest it curdle.

Time.—Altogether, $\frac{3}{4}$ hour. *Average cost*, 5d. per pint.

This is a good sauce to pour over boiled fowls when they are a bad colour.

PICKLED BEETROOT.

369. **INGREDIENTS.**—Sufficient vinegar to cover the beets, 2 oz. of whole pepper, 2 oz. of allspice to each gallon of vinegar.

Mode.—Wash the beets free from dirt, and be very careful not to prick the outside skin, or they would lose their beautiful colour. Put them into boiling water, let them simmer gently, and when about three parts done, which will be in $1\frac{1}{2}$ hour, take them out and let them cool. Boil the vinegar with pepper and allspice, in the above proportion, for ten minutes, and when cold, pour it on the beets, which must be peeled and cut into slices about $\frac{1}{2}$ inch thick.

Cover with bladder to exclude the air, and in a week they will be fit for use.

Average cost, 3s. per gallon.

BLACK PEPPER.—This well-known aromatic spice is the fruit of a species of climbing vine, and is a native of the East Indies, and is extensively cultivated in Malabar and the eastern islands of Borneo, Sumatra, and Java, and others in the same latitude. It was formerly confined to these countries, but it has now been introduced to Cayenne. It is generally employed as a condiment; but it should never be forgotten, that, even in small quantities, it produces detrimental effects on inflammatory constitutions. Dr. Paris, in his work on Diet, says, "Foreign spices were not intended by Nature for the inhabitants of temperate climes; they are heating, and highly stimulant. I am, however, not anxious to give more weight to this objection than it deserves. Man is no longer the child of Nature, nor the passive inhabitant of any particular region. He ranges over every part of the globe, and elicits nourishment from the productions of every climate. Nature is very kind in favouring the growth of those productions which are most likely to answer our local wants. Those climates, for instance, which engender endemic diseases, are, in general, congenial to the growth of plants that operate as antidotes to them. But if we go to the East for tea, there is no reason why we should not go to the West for sugar. The dyspeptic invalid, however, should be cautious in their use; they may afford temporary benefit, at the expense of permanent mischief. It has been well said, that the best quality of spices is to stimulate the appetite, and their worst to destroy, by insensible degrees, the tone of the stomach. The intrinsic goodness of meats should always be suspected when they require spicy seasonings to compensate for their natural want of sapidity." The quality of pepper is known by rubbing it between the hands: that which withstands this operation is good, that which is reduced to powder by it is bad. The quantity of pepper imported into Europe is very great.



BLACK PEPPER.

BENTON SAUCE (to serve with Hot or Cold Roast Beef).

370. **INGREDIENTS.**—1 tablespoonful of scraped horseradish, 1 teaspoonful of made mustard, 1 teaspoonful of pounded sugar, 4 tablespoonfuls of vinegar.

Mode.—Grate or scrape the horseradish very fine, and mix it with the other ingredients, which must be all well blended together; serve in a tureen. With cold meat, this sauce is a very good substitute for pickles.

Average cost for this quantity, 2d.

BREAD SAUCE (to serve with Roast Turkey, Fowl, Game, &c.).

I.

371. **INGREDIENTS.**—1 pint of milk, $\frac{1}{2}$ lb. of the crumb of a stale loaf, 1 onion; pounded mace, cayenne, and salt to taste; 1 oz. of butter.

Mode.—Peel and quarter the onion, and simmer it in the milk till perfectly tender. Break the bread, which should be stale, into small pieces, carefully picking out any hard outside pieces; put it in a very

clean saucepan, strain the milk over it, cover it up, and let it remain for an hour to soak. Now beat it up with a fork very smoothly, add a seasoning of pounded mace, cayenne, and salt, with 1 oz. of butter; give the whole one boil, and serve. To enrich this sauce, a small quantity of cream may be added just before sending it to table.



MACE.

Time.—Altogether, 1½ hour.
Average cost for this quantity, 4d.
Sufficient to serve with a turkey, pair of fowls, or brace of partridges.

MACE.—This is the membrane which surrounds the shell of the nutmeg. Its general qualities are the same as those of the nutmeg, producing an agreeable aromatic odour, with a hot and acrid taste. It is of an oleaginous nature, is yellowish in its hue, and is used largely as a condiment. In "Beeton's Dictionary" we find that the four largest of the Banda Islands produce 150,000 lbs. of it annually, which, with nutmeg, are their principal articles of export.

II.

372. **INGREDIENTS.**—Giblets of poultry, ¼ lb. of the crumb of a stale loaf, 1 onion, 12 whole peppers, 1 blade of mace, salt to taste, 2 tablespoonfuls of cream or melted butter, 1 pint of water.

Mode.—Put the giblets, with the head, neck, legs, &c., into a stewpan; add the onion, pepper, mace, salt, and rather more than 1 pint of water. Let this simmer for an hour, when strain the liquor over the bread, which should be previously grated or broken into small pieces. Cover up the saucepan, and leave it for an hour by the side of the fire; then beat the sauce up with a fork until no lumps remain, and the whole is nice and smooth. Let it boil for 3 or 4 minutes; keep stirring it until it is rather thick; when add 3 tablespoonfuls of good melted butter or cream, and serve very hot.

Time.—2¼ hours. *Average cost*, 6d.

BROWNING FOR GRAVIES AND SAUCES.

373. The browning for soups (*see* No. 108) answers equally well for sauces and gravies, when it is absolutely necessary to colour them in this manner; but where they can be made to look brown by using ketchup, wine, browned flour, tomatoes, or any colour sauce, it is far preferable. As, however, in cooking, so much depends on appearance, perhaps it would be as well for the inexperienced cook to use the artificial means (No. 108). When no browning is at hand, and you wish to heighten the colour of your gravy, dissolve a lump of sugar in an iron spoon over a sharp fire; when it is in a liquid state, drop it into the sauce or gravy quite hot. Care, however, must be taken not to put in too much, as it would impart a very disagreeable flavour.

BEURRE NOIR, or BROWNED BUTTER (a French Sauce).

374. **INGREDIENTS.**— $\frac{1}{4}$ lb. of butter, 1 tablespoonful of minced parsley, 3 tablespoonfuls of vinegar, salt and pepper to taste.

Mode.—Put the butter into a fryingpan over a nice clear fire, and when it smokes, throw in the parsley, and add the vinegar and seasoning. Let the whole simmer for a minute or two, when it is ready to serve. This is a very good sauce for skate.

Time.— $\frac{1}{4}$ hour.

CLARIFIED BUTTER.

375. Put the butter in a basin before the fire, and when it melts, stir it round once or twice, and let it settle. Do not strain it unless absolutely necessary, as it causes so much waste. Pour it gently off into a clean dry jar, carefully leaving all sediment behind. Let it cool, and carefully exclude the air by means of a bladder, or piece of wash-leather, tied over. If the butter is salt, it may be washed before melting, when it is to be used for sweet dishes.

MELTED BUTTER.**I.**

376. **INGREDIENTS.**— $\frac{1}{4}$ lb. of butter, a dessertspoonful of flour, 1 wineglassful of water, salt to taste.

Mode.—Cut the butter up into small pieces, put it in a saucepan, dredge over the flour, and add the water and a seasoning of salt; stir it *one way* constantly till the whole of the ingredients are melted and thoroughly blended: Let it just boil, when it is ready to serve. If the butter is to be melted with cream, use the same quantity as of water, but omit the flour; keep stirring it, but do not allow it to boil.

Time.—1 minute to simmer.

Average cost for this quantity, 4*d.*

II.

(*More Economical.*)

377. **INGREDIENTS.**—2 oz. of butter, 1 dessertspoonful of flour, salt to taste, $\frac{3}{4}$ pint of water.

Mode.—Mix the flour and water to a smooth batter, which put into a saucepan. Add the butter and a seasoning of salt, keep stirring *one way* till all the ingredients are melted and perfectly smooth; let the whole boil for a minute or two, and serve.

Time.—2 minutes to simmer.

Average cost for this quantity, 2*d.*

MELTED BUTTER (the French Sauce *Blanche*).

378. **INGREDIENTS.**— $\frac{1}{4}$ lb. of fresh butter, 1 tablespoonful of flour, salt to taste, $\frac{1}{2}$ gill of water, $\frac{1}{2}$ spoonful of white vinegar, a very little grated nutmeg.

Mode.—Mix the flour and water to a smooth batter, carefully rubbing down with the back of a spoon any lumps that may appear. Put it in a saucepan with all the other ingredients, and let it thicken on the fire, but do not allow it to boil, lest it should taste of the flour.

Time.—1 minute to simmer.

Average cost, 5d. for this quantity.



THE NUTMEG.

NUTMEG.—This is a native of the Moluccas, and was long kept from being spread in other places by the monopolizing spirit of the Dutch, who endeavoured to keep it wholly to themselves by eradicating it from every other island. We find it stated in "Beeton's Dictionary of Universal Information," under the article "Banda Islands," that the four largest are appropriated to the cultivation of nutmegs, of which about 500,000 lbs. are annually produced. The plant, through the enterprise of the British, has now found its way into Penang and Bencoolen, where it flourishes and produces well. It has also been tried to be naturalized in the West Indies, and it bears fruit all the year round. There are two kinds of nutmeg,—one wild, and long and oval-shaped, the other cultivated, and nearly round. The best is firm and hard, and has a strong aromatic odour, with a hot and acid taste. It ought to be used with caution by those who are of paralytic or apoplectic habits.

THICKENED BUTTER.

379. **INGREDIENTS.**— $\frac{1}{2}$ pint of melted butter, No. 376, the yolks of 2 eggs, a little lemon-juice.

Mode.—Make the butter quite hot, and be careful not to colour it. Well whisk the yolks of the eggs, pour them to the butter, beating them all the while. Make the sauce hot over the fire, but do not let it boil; add a squeeze of lemon-juice.

MELTED BUTTER MADE WITH MILK.

380. **INGREDIENTS.**—1 teaspoonful of flour, 2 oz. butter, $\frac{1}{2}$ pint of milk, a few grains of salt.

Mode.—Mix the butter and flour smoothly together on a plate, put it into a lined saucepan, and pour in the milk. Keep stirring it *one way* over a sharp fire; let it boil quickly for a minute or two, and it is ready to serve. This is a very good foundation for onion, lobster, or oyster sauce: using milk instead of water makes it look so much whiter and more delicate.

Time.—Altogether, 10 minutes. *Average cost* for this quantity, 3d.

CAMP VINEGAR.

381. **INGREDIENTS.**—1 head of garlic, $\frac{1}{2}$ oz. cayenne, 2 teaspoonfuls of soy, 2 ditto walnut ketchup, 1 pint of vinegar, cochineal to colour.

Mode.—Slice the garlic, and put it, with all the above ingredients, into a clean bottle. Let it stand to infuse for a month, when strain it off quite clear, and it will be fit for use. Keep it in small bottles well sealed, to exclude the air.

Average cost for this quantity, 8d.

CAPER SAUCE FOR BOILED MUTTON.

382. **INGREDIENTS.**— $\frac{1}{2}$ pint of melted butter (No. 376), 3 tablespoonfuls of capers or nasturtiums, 1 tablespoonful of their liquor.

Mode.—Chop the capers twice or thrice, and add them, with their liquor, to $\frac{1}{2}$ pint of melted butter, made very smoothly; keep stirring well; let the sauce just simmer, and serve in a tureen. Pickled nasturtium-pods are fine-flavoured, and by many are eaten in preference to capers. They make an excellent sauce.

Time.—2 minutes to simmer. *Average cost for this quantity, 8d.*

Sufficient to serve with a leg of mutton.

CAPER SAUCE FOR FISH.

383. **INGREDIENTS.**— $\frac{1}{2}$ pint of melted butter No. 376, 3 dessertspoonfuls of capers, 1 dessertspoonful of their liquor, a small piece of glaze, if at hand (this may be dispensed with), $\frac{1}{2}$ teaspoonful of salt, ditto of pepper, 1 tablespoonful of anchovy essence.

Mode.—Cut the capers across once or twice, but do not chop them fine; put them in a saucepan with $\frac{1}{2}$ pint of good melted butter, and add all the other ingredients. Keep stirring the whole until it just simmers, when it is ready to serve.

Time.—1 minute to simmer.

Average cost for this quantity, 5d.

Sufficient to serve with a skate, or 2 or 3 slices of salmon.

CAPERS.—These are the unopened buds of a low trailing shrub, which grows wild among the crevices of the rocks of Greece, as well as in northern Africa; the plant, however, has come to be cultivated in the south of Europe. After being pickled in vinegar and salt, they are imported from Sicily, Italy, and the south of France. The best are from Toulon.



THE CAPER.

A SUBSTITUTE FOR CAPEER SAUCE.

384. **INGREDIENTS.**— $\frac{1}{2}$ pint of melted butter, No. 376, 2 tablespoonfuls of cut parsley, $\frac{1}{2}$ teaspoonful of salt, 1 tablespoonful of vinegar.

Mode.—Boil the parsley slowly to let it become a bad colour; cut, but do not chop it fine. Add it to $\frac{1}{2}$ pint of smoothly-made melted butter, with salt and vinegar in the above proportions. Boil up and serve.

Time.—2 minutes to simmer. *Average cost* for this quantity, 3*d.*

PICKLED CAPSICUMS.

385. **INGREDIENTS.**—Vinegar, $\frac{1}{2}$ oz. of pounded mace, and $\frac{1}{4}$ oz. of grated nutmeg, to each quart; brine.

Mode.—Gather the pods with the stalks on, before they turn red; slit them down the side with a small-pointed knife, and remove the seeds only; put them in a strong brine for 3 days, changing it every morning; then take them out, lay them on a cloth, with another one over them, until they are perfectly free from moisture. Boil sufficient vinegar to cover them, with mace and nutmeg in the above proportions; put the pods in a jar, pour over the vinegar when cold, and exclude them from the air by means of a wet bladder tied over.

CAYENNE VINEGAR, or ESSENCE OF CAYENNE.

386. **INGREDIENTS.**— $\frac{1}{2}$ oz. of cayenne pepper, $\frac{1}{2}$ pint of strong spirit, or 1 pint of vinegar.

Mode.—Put the vinegar, or spirit, into a bottle, with the above proportion of cayenne, and let it steep for a month, when strain off and bottle for use. This is excellent seasoning for soups or sauces, but must be used very sparingly.

CELERY SAUCE, FOR BOILED TURKEY, POULTRY, &c.

387. **INGREDIENTS.**—6 heads of celery, 1 pint of white stock, No. 107, 2 blades of mace, 1 small bunch of savoury herbs; thickening of butter and flour, or arrowroot, $\frac{1}{2}$ pint of cream, lemon-juice.

Mode.—Boil the celery in salt and water, until tender, and cut it into pieces 2 inches long. Put the stock into a stewpan with the mace and herbs, and let it simmer for $\frac{1}{2}$ hour to extract their flavour. Then strain the liquor, add the celery and a thickening of butter kneaded with flour, or, what is still better, with arrowroot; just before serving, put in the cream, boil it up and squeeze in a little lemon-juice. If necessary, add a seasoning of salt and white pepper.

Time.—25 minutes to boil the celery. *Average cost*, 1s. 3d.

Sufficient, this quantity, for a boiled turkey.

This sauce may be made brown by using gravy instead of white stock, and flavouring it with mushroom ketchup or Harvey's sauce.

ARROWROOT.—This nutritious fecula is obtained from the roots of a plant which is cultivated in both the East and West Indies. When the roots are about a year old, they are dug up, and, after being well washed, are beaten to a pulp, which is afterwards, by means of water, separated from the fibrous part. After being passed through a sieve, once more washed, and then suffered to settle, the sediment is dried in the sun, when it has become arrowroot. The best is obtained from the West Indies, but a large quantity of what is sold in London is adulterated with potato-starch. As a means of knowing arrowroot when it is good, it may be as well to state, that the genuine article, when formed into a jelly, will remain firm for three or four days, whilst the adulterated will become as thin as milk in the course of twelve hours.



ARROWROOT.

CELERY SAUCE (a More Simple Recipe).

388. **INGREDIENTS.**—4 heads of celery, $\frac{1}{2}$ pint of melted butter, made with milk (No. 380), 1 blade of pounded mace; salt and white pepper to taste.

Mode.—Wash the celery, boil it in salt and water till tender, and cut it into pieces 2 inches long; make $\frac{1}{2}$ pint melted butter by recipe No. 380; put in the celery, pounded mace, and seasoning; simmer for three minutes, when the sauce will be ready to serve.

Time.—25 minutes to boil the celery. *Average cost*, 6d.

Sufficient, this quantity, for a boiled fowl.

CELERY VINEGAR.

389. **INGREDIENTS.**— $\frac{1}{4}$ oz. of celery-seed, 1 pint of vinegar.

Mode.—Crush the seed by pounding it in a mortar; boil the vinegar, and when cold, pour it to the seed; let it infuse for a fortnight, when strain and bottle off for use. This is frequently used in salads.

CHESTNUT SAUCE FOR FOWLS OR TURKEY.

390. **INGREDIENTS.**— $\frac{1}{2}$ lb. of chestnuts, $\frac{1}{2}$ pint of white stock, 2 strips of lemon-peel, cayenne to taste, $\frac{1}{2}$ pint of cream or milk.

Mode.—Peel off the outside skin of the chestnuts, and put them into boiling water for a few minutes; take off the thin inside peel, and put them into a saucepan, with the white stock and lemon-peel, and let them simmer for $1\frac{1}{2}$ hour, or until the chestnuts are quite tender. Rub the whole through a hair-sieve with a wooden spoon; add seasoning and the cream; let it just simmer, but not boil, and

keep stirring all the time. Serve very hot, and quickly. If milk is used instead of cream, a very small quantity of thickening may be required: that, of course, the cook will determine.

Time.—Altogether nearly two hours. *Average cost, 8d.*

Sufficient, this quantity, for a turkey.

BROWN CHESTNUT SAUCE.

394. **INGREDIENTS.**— $\frac{1}{2}$ lb. of chestnuts, $\frac{1}{4}$ pink of stock No. 105, 2 lumps of sugar, 4 tablespoonfuls of Spanish sauce (*see Sauces*).

Mode.—Prepare the chestnuts as in the foregoing recipe, by scalding and peeling them; put them in a stewpan with the stock and sugar, and simmer them till tender. When done, add Spanish sauce in the above proportion, and rub the whole through a tammy. Keep this sauce rather liquid, as it is liable to thicken.

Time.— $1\frac{1}{2}$ hour to simmer the chestnuts. *Average cost, 8d.*

BENGAL RECIPE FOR MAKING MANGO CHETNEY.

392. **INGREDIENTS.**— $1\frac{1}{2}$ lbs. of moist sugar, $\frac{2}{3}$ lb. of salt, $\frac{1}{2}$ lb. of garlic, $\frac{1}{4}$ lb. of onions, $\frac{2}{3}$ lb. of powdered ginger, $\frac{1}{4}$ lb. of dried chilies, $\frac{2}{3}$ lb. of mustard-seed, $\frac{2}{3}$ lb. of stoned raisins, 2 bottles of best vinegar, 30 large unripe sour apples.

Mode.—The sugar must be made into syrup; the garlic, onions, and ginger be finely pounded in a mortar; the mustard-seed be washed in cold vinegar, and dried in the sun; the apples be peeled, cored, and sliced, and boiled in a bottle and a half of the vinegar. When all this is done, and the apples are quite cold, put them into a large pan, and gradually mix the whole of the rest of the ingredients, including the remaining half-bottle of vinegar. It must be well stirred until the whole is thoroughly blended, and then put into bottles for use. Tie a piece of wet bladder over the mouths of the bottles, after they are well corked. This chetney is very superior to any which can be bought, and one trial will prove it to be delicious.

Note.—This recipe was given by a native to an English lady, who had long been a resident in India, and who, since her return to her native country, has become quite celebrated amongst her friends for the excellence of this Eastern relish.



GARLIC.

GARLIC.—The smell of this plant is generally considered offensive, and it is the most acrimonious in its taste of the whole of the alliaceous tribe. In 1648 it was introduced to England from the shores of the Mediterranean, where it is abundant, and in Sicily it grows naturally. It was in greater repute with our ancestors than it is with ourselves, although it is still used as a seasoning-herb. On the continent, especially in Italy, it is much used, and the French consider it an essential in many made dishes.

CHILI VINEGAR.

393. **INGREDIENTS.**—50 fresh red English chilies, 1 pint of vinegar.

Mode.—Pound or cut the chilies in half, and infuse them in the vinegar for a fortnight, when it will be fit for use. This will be found an agreeable relish to fish, as many people cannot eat it without the addition of an acid and cayenne pepper.

CHRISTOPHER NORTH'S SAUCE FOR MEAT OR GAME.

394. **INGREDIENTS.**—1 glass of port wine, 2 tablespoonfuls of Harvey's sauce, 1 dessertspoonful of mushroom ketchup, ditto of pounded white sugar, 1 tablespoonful of lemon-juice, $\frac{1}{2}$ teaspoonful of cayenne pepper, ditto of salt.

Mode.—Mix all the ingredients thoroughly together, and heat the sauce gradually, by placing the vessel in which it is made in a saucepan of boiling water. Do not allow it to boil, and serve directly it is ready. This sauce, if bottled immediately, will keep good for a fortnight, and will be found excellent.

CONSOMME, or WHITE STOCK FOR MANY SAUCES.

395. Consommé is made precisely in the same manner as stock No. 107, and, for ordinary purposes, will be found quite good enough. When, however, a stronger stock is desired, either put in half the quantity of water, or double that of the meat. This is a very good foundation for all white sauces.

CRAB SAUCE FOR FISH (equal to Lobster Sauce).

396. **INGREDIENTS.**—1 crab; salt, pounded mace, and cayenne to taste; $\frac{1}{2}$ pint of melted butter made with milk (*see* No. 380).

Mode.—Choose a nice fresh crab, pick all the meat away from the shell, and cut it into small square pieces. Make $\frac{1}{2}$ pint of melted butter by recipe No. 380, put in the fish and seasoning; let it gradually warm through, and simmer for 2 minutes. It should not boil.

Average cost, 1s. 2d.

CREAM SAUCE FOR FISH OR WHITE DISHES.

397. **INGREDIENTS.**— $\frac{1}{2}$ pint of cream, 2 oz. of butter, 1 teaspoonful of flour, salt and cayenne to taste; when liked, a small quantity of pounded mace or lemon-juice.

Mode.—Put the butter in a very clean saucepan, dredge in the flour, and keep shaking round till the butter is melted. Add the seasoning and cream, and stir the whole till it boils; let it just simmer

for 5 minutes, when add either pounded mace or lemon-juice to taste to give it a flavour.

Time.—5 minutes to simmer. *Average cost* for this quantity, 7d. This sauce may be flavoured with very finely-shredded shalot.

CUCUMBER SAUCE.

398. **INGREDIENTS.**—3 or 4 cucumbers, 2 oz. of butter, 6 tablespoonsful of brown gravy.

Mode.—Peel the cucumbers, quarter them, and take out the seeds out them into small pieces; put them in a cloth, and rub them well to take out the water which hangs about them. Put the butter in saucepan, add the cucumbers, and shake them over a sharp fire until they are of a good colour. Then pour over it the gravy, mix this with the cucumbers, and simmer gently for 10 minutes, when it will be ready to serve.

Time.—Altogether, $\frac{1}{2}$ hour.

PICKLED CUCUMBERS.

399. **INGREDIENTS.**—1 oz. of whole pepper, 1 oz. of bruised ginger sufficient vinegar to cover the cucumbers.

Mode.—Cut the cucumbers in thick slices, sprinkle salt over them and let them remain for 24 hours. The next day, drain them well for 6 hours, put them into a jar, pour boiling vinegar over them, and keep them in a warm place. In a short time, boil up the vinegar again, add pepper and ginger in the above proportion and instantly cover them up. Tie them down with bladder, and in a few days they will be fit for use.



LONG PEPPER.

long pepper is less aromatic than the black, but its oil is more pungent.

LONG PEPPER.—This is the produce of a different plant from that which produces the black, it consisting of the half-ripe flower-heads of what naturalists call *Piper longum* and *chaba*. It is the growth, however of the same countries; indeed, all the spices are the produce of tropical climates only. Originally, the most valuable of these were found in the Spice Islands or Moluccas, of the Indian Ocean, and were highly prized by the nations of antiquity. The Romans indulged in them to a most extravagant degree. The

CUCUMBER SAUCE, WHITE.

400. **INGREDIENTS.**—3 or four cucumbers, $\frac{1}{2}$ pint of white stock No. 107, cayenne and salt to taste, the yolks of 3 eggs.

Mode.—Cut the cucumbers into small pieces, after peeling then



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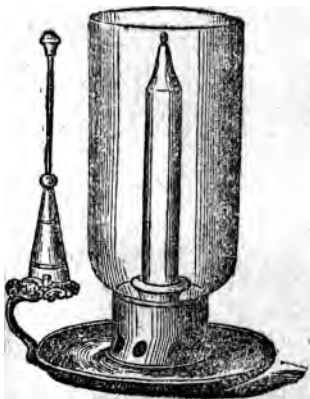
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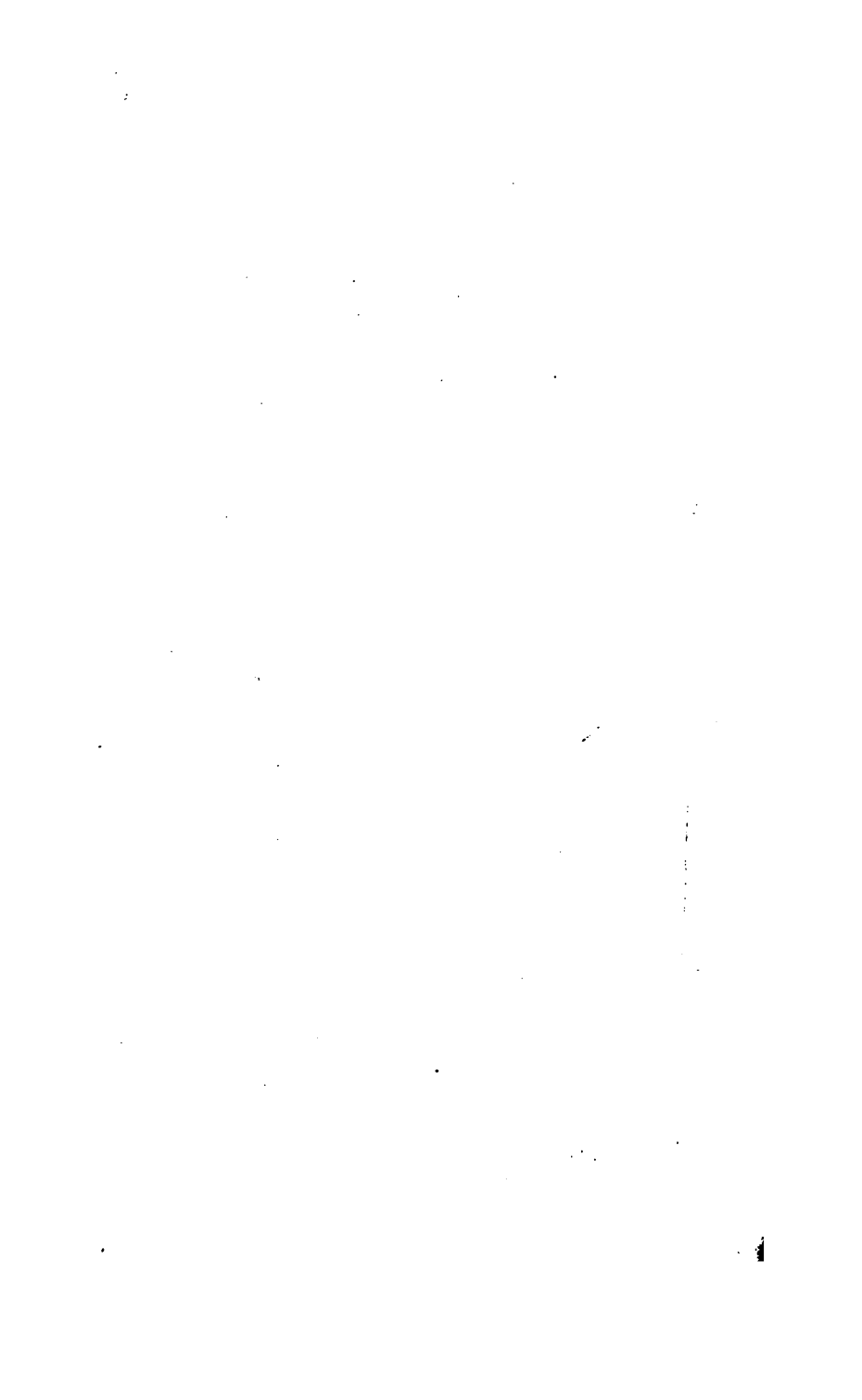
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248, High Holborn (opposite Day and Martin's).—ALEX. ROSS'S DEPILATORY removes, without any effect to the skin, superfluous hair from the face, neck, and arms. 3s. 6d. Sent in blank wrappers for 54 stamps.

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GLENFIELD Patent Starch is the only Starch used in HER MAJESTY'S LAUNDRY, and as some unprincipled Parties are now making and offering for sale an imitation of the **GLENFIELD STARCH**, we hereby caution all our Customers to be careful, when purchasing, to see that the word **GLENFIELD** is on each Packet, to copy which is Felony.
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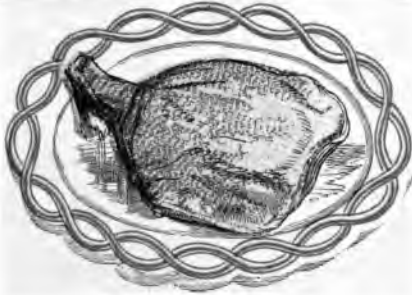
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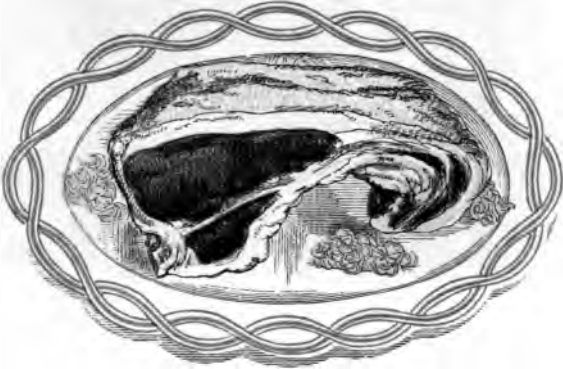


MODERN MODE OF SERVING DISHES.

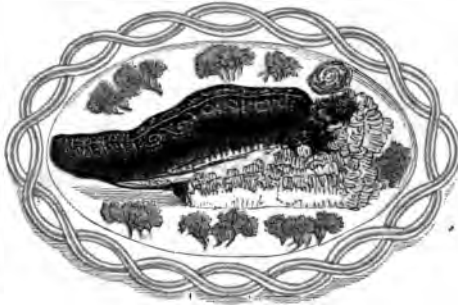
K



L



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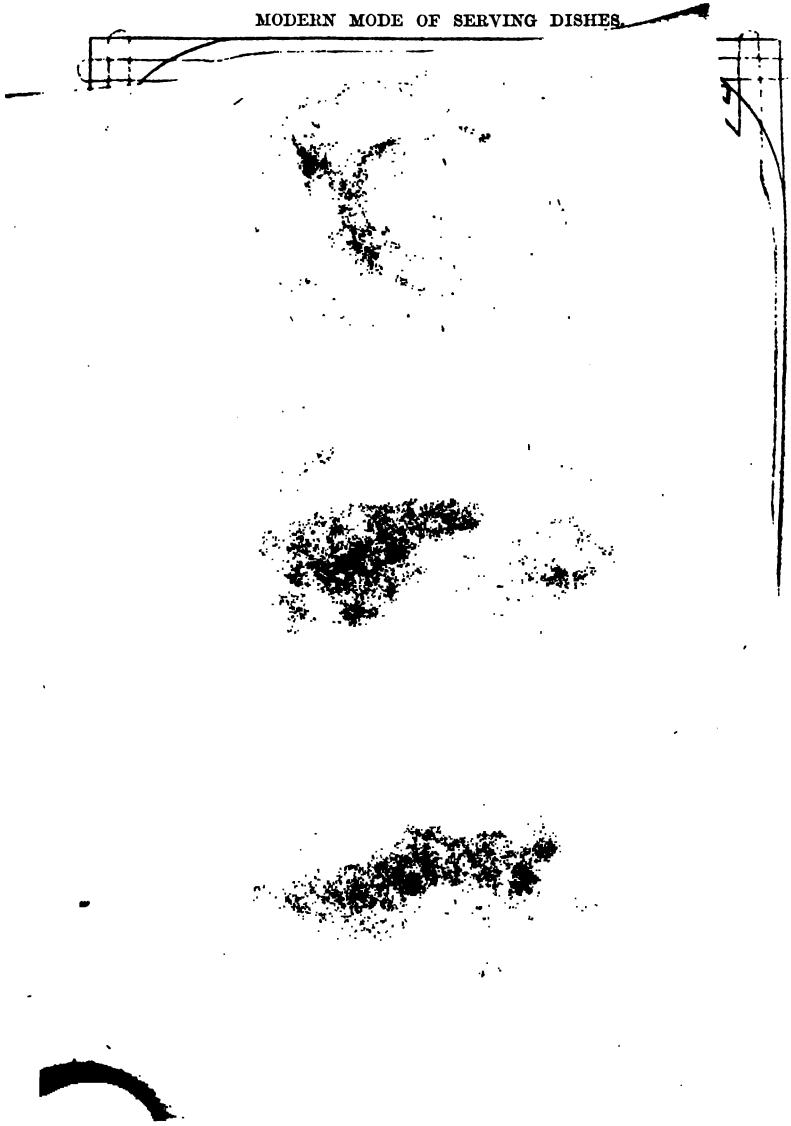


K. Roast Shoulder of Mutton.

L. Roast Sirloin of Beef.

M. Cold Boiled Tongue.

MODERN MODE OF SERVING DISHES



and taking out the seeds. Put them in a stewpan with the white stock and seasoning; simmer gently till the cucumbers are tender, which will be in about $\frac{1}{2}$ hour. Then add the yolks of the eggs well beaten; stir them to the sauce, but do not allow it to boil, and serve very hot.

Time.—Altogether, $\frac{1}{2}$ hour.

CUCUMBER VINEGAR (a very nice Addition to Salads).

401. **INGREDIENTS.**—10 large cucumbers, or 12 smaller ones, 1 quart of vinegar, 2 onions, 2 shalots, 1 tablespoonful of salt, 2 tablespoonfuls of pepper, $\frac{1}{2}$ teaspoonful of cayenne.

Mode.—Pare and slice the cucumbers, put them in a stone jar or wide-mouthed bottle, with the vinegar; slice the onions and shalots, and add them, with all the other ingredients, to the cucumbers. Let it stand 4 or 5 days, boil it all up, and when cold, strain the liquor through a piece of muslin, and store it away in small bottles well sealed. This vinegar is a very nice addition to gravies, hashes, &c., as well as a great improvement to salads, or to eat with cold meat.

GERMAN METHOD OF KEEPING CUCUMBERS FOR WINTER USE.

402. **INGREDIENTS.**—Cucumbers, salt.

Mode.—Pare and slice the cucumbers (as for the table), sprinkle well with salt, and let them remain for 24 hours; strain off the liquor, pack in jars, a thick layer of cucumbers and salt alternately; tie down closely, and, when wanted for use, take out the quantity required. Now wash them well in fresh water, and dress as usual with pepper, vinegar, and oil.



THE CUCUMBER.

THE CUCUMBER.—Though the melon is far superior in point of flavour to this fruit, yet it is allied to the cucumber, which is known to naturalists as *Cucumis sativus*. The modern Egyptians, as did their forefathers, still eat it, and others of its class. Cucumbers were observed, too, by Bishop Heber, beyond the Ganges, in India; and Burckhardt noticed them in Palestine. (*See No. 127.*)

AN EXCELLENT WAY OF PRESERVING CUCUMBERS.

403. **INGREDIENTS.**—Salt and water; 1 lb. of lump sugar, the rind of 1 lemon, 1 oz. of ginger, cucumbers.

Mode.—Choose the greenest cucumbers, and those that are most free from seeds; put them in strong salt and water, with a cabbage-

leaf to keep them down; tie a paper over them, and put them in a warm place till they are yellow; then wash them and set them over the fire in fresh water, with a very little salt, and another cabbage-leaf over them; cover very closely, but take care they do not boil. If they are not a fine green, change the water again, cover them as before, and make them hot. When they are a good colour, take them off the fire and let them cool; cut them in quarters, take out the seeds and pulp, and put them into cold water. Let them remain for 2 days, changing the water twice each day, to draw out the salt. Put the sugar, with $\frac{1}{2}$ pint of water, in a saucepan over the fire; remove the scum as it rises, and add the lemon-peel and ginger with the outside scraped off; when the syrup is tolerably thick, take it off the fire, and when cold, wipe the cucumbers dry, and put them in. Boil the syrup once in 2 or 3 days for 3 weeks; strengthen it if required, and let it be quite cold before the cucumbers are put in. Great attention must be paid to the directions in the commencement of this recipe, as, if these are not properly carried out, the result will be far from satisfactory.

Seasonable.—This recipe should be used in June, July, or August.



SALT-MINE AT NORTHWICH.

Northwich, Cheshire, where both salt-mines and brine-springs are exceedingly productive, and are believed to have been wrought as far back as during the occupation of Britain by the Romans.

COMMON SALT.—By this we mean salt used for cooking purposes, which is found in great abundance both on land and in the waters of the ocean. Sea or salt water, as it is often called, contains, it has been discovered, about three per cent. of salt on an average. Solid rocks of salt are also found in various parts of the world, and the county of Chester contains many of these mines, and it is from there that much of our salt comes. Some springs are so highly impregnated with salt, as to have received the name of "brine" springs, and are supposed to have become so by passing through the salt rocks below ground, and thus dissolving a portion of this mineral substance. We here give an engraving of a salt-mine at

CUSTARD SAUCE FOR SWEET PUDDINGS OR TARTS.

404. **INGREDIENTS.**—1 pint of milk, 2 eggs, 3 oz. of pounded sugar, 1 tablespoonful of brandy.

Mode.—Put the milk in a very clean saucepan, and let it boil. Beat the eggs, stir to them the milk and pounded sugar, and put the mixture into a jug. Place the jug in a saucepan of boiling water; keep stirring well until it thickens, but do not allow it to boil, or it

will curdle. Serve the sauce in a tureen, stir in the brandy, and grate a little nutmeg over the top. This sauce may be made very much nicer by using cream instead of milk; but the above recipe will be found quite good enough for ordinary purposes.

Average cost, 6d. per pint.

Sufficient, this quantity, for 2 fruit tarts, or 1 pudding.

DUTCH SAUCE FOR FISH.

305. **INGREDIENTS.**— $\frac{1}{2}$ teaspoonful of flour, 2 oz. of butter, 4 table-spoonfuls of vinegar, the yolks of 2 eggs, the juice of $\frac{1}{2}$ lemon; salt to taste.

Mode.—Put all the ingredients, except the lemon-juice, into a stew-pan; set it over the fire, and keep continually stirring. When it is sufficiently thick, take it off, as it should not boil. If, however, it happens to curdle, strain the sauce through a tammy, add the lemon-juice, and serve. Tarragon vinegar may be used instead of plain, and, by many, is considered far preferable.

Average cost, 6d.

Note.—This sauce may be poured hot over salad, and left to get quite cold, when it should be thick, smooth, and somewhat stiff. Excellent salads may be made of hard eggs, or the remains of salt fish flaked nicely from the bone, by pouring over a little of the above mixture when hot, and allowing it to cool.

THE LEMON.—This fruit is a native of Asia, and is mentioned by Virgil as an antidote to poison. It is harder than the orange, and, as one of the citron tribe, was brought into Europe by the Arabians. The lemon was first cultivated in England in the beginning of the 17th century, and is now often to be found in our green-houses. The kind commonly sold, however, is imported from Portugal, Spain, and the Azores. Some also come from St. Helena; but those from Spain are esteemed the best. Its juice is now an essential for culinary purposes; but as an antiscorbutic its value is still greater. This juice, which is called *citric acid*, may be preserved in bottles for a considerable time, by covering it with a thin stratum of oil.



THE LEMON.

Shrub is made from it with rum and sugar.

GREEN DUTCH SAUCE, or HOLLANDAISE VERTE.

406. **INGREDIENTS.**—6 tablespoonfuls of Béchamel, No. 367, seasoning to taste of salt and cayenne, a little parsley-green to colour, the juice of $\frac{1}{2}$ a lemon.

Mode.—Put the Béchamel into a saucepan with the seasoning, and bring it to a boil. Make a green colouring by pounding some parsley in a mortar, and squeezing all the juice from it. Let this just simmer,

when add it to the sauce. A moment before serving, put in the lemon-juice, but not before; for otherwise the sauce would turn yellow, and its appearance be thus spoiled.

Average cost, 4d.

BÉCHAMEL SAUCE.—This sauce takes its name from a Monsieur Béchamel, a rich French financier, who, according to some authorities, invented it; whilst others affirm he only patronized it. Be this as it may, it is one of the most pleasant sauces which come to table, and should be most carefully and intelligently prepared. It is frequently used, as in the above recipe, as a principal ingredient and basis for other sauces.

TO PICKLE EGGS.

407. **INGREDIENTS.**—16 eggs, 1 quart of vinegar, $\frac{1}{2}$ oz. of black pepper, $\frac{1}{2}$ oz. of Jamaica pepper, $\frac{1}{2}$ oz. of ginger.

Mode.—Boil the eggs for 12 minutes, then dip them into cold water, and take off the shells. Put the vinegar, with the pepper and ginger, into a stewpan, and let it simmer for 10 minutes. Now place the eggs in a jar, pour over them the vinegar, &c., boiling hot, and, when cold, tie them down with bladder to exclude the air. This pickle will be ready for use in a month.

Average cost, for this quantity, 1s. 9d.

Seasonable.—This should be made about Easter, as at this time eggs are plentiful and cheap. A store of pickled eggs will be found very useful and ornamental in serving with many first and second course dishes.



GINGER.

GINGER.—The ginger-plant, known to naturalists as *Zingiber officinale*, is a native of the East and West Indies. It grows somewhat like the lily of the valley, but its height is about three feet. In Jamaica it flowers about August or September, fading about the end of the year. The fleshy creeping roots, which form the ginger of commerce, are in a proper state to be dug when the stalks are entirely withered. This operation is usually performed in January and February; and when the roots are taken out of the earth, each one is picked, scraped, separately washed, and afterwards very carefully dried. Ginger is generally considered as less pungent and heating to the system than might be expected from its effects on the organs of taste, and it is frequently used, with considerable effect, as an anti-spasmodic and carminative.

EGG BALLS FOR SOUPS AND MADE DISHES.

408. **INGREDIENTS.**—8 eggs, a little flour; seasoning to taste of salt.

Mode.—Boil 6 eggs for 20 minutes, strip off the shells, take the yolks and pound them in a mortar. Beat the yolks of the other 2 eggs; add them, with a little flour and salt, to those pounded; mix all well together, and roll into balls. Boil them before they are put into the soup or other dish they may be intended for.

Time.—20 minutes to boil the eggs. *Average cost*, for this quantity, 8*d.*

Sufficient, 2 dozen balls for 1 tureen of soup.

EGG SAUCE FOR SALT FISH.

409. *INGREDIENTS.*—4 eggs, $\frac{1}{2}$ pint of melted butter, No. 376; when liked, a very little lemon-juice.

Mode.—Boil the eggs until quite hard, which will be in about 20 minutes, and put them into cold water for $\frac{1}{2}$ hour. Strip off the shells, chop the eggs into small pieces, not, however, too fine. Make the melted butter very smoothly, by recipe No. 376, and, when boiling, stir in the eggs, and serve very hot. Lemon-juice may be added at pleasure.

Time.—20 minutes to boil the eggs. *Average cost*, 8*d.*

Sufficient.—This quantity for 3 or 4 lbs. of fish.

Note.—When a thicker sauce is required, use one or two more eggs to the same quantity of melted butter.

EPIPUREAN SAUCE FOR STEAKS, CHOPS, GRAVIES, OR FISH.

410. *INGREDIENTS.*— $\frac{1}{2}$ pint of walnut ketchup, $\frac{1}{2}$ pint of mushroom ditto, 2 tablespoonfuls of Indian soy, 2 tablespoonfuls of port wine; $\frac{1}{4}$ oz. of white pepper, 2 oz. of shalots, $\frac{1}{2}$ oz. of cayenne, $\frac{1}{2}$ oz. of cloves, $\frac{1}{4}$ pint of vinegar.

Mode.—Put the whole of the ingredients into a bottle, and let it remain for a fortnight in a warm place, occasionally shaking up the contents. Strain, and bottle off for use. This sauce will be found an agreeable addition to gravies, hashes, stews, &c.

Average cost, for this quantity, 1*s.* 6*d.*

SHALOT, OR ESCHALOT.—This plant is supposed to have been introduced to England by the Crusaders, who found it growing wild in the vicinity of Ascalon. It is a bulbous root, and when full grown, its leaves wither in July. They ought to be taken up in the autumn, and when dried in the house, will keep till spring. It is called by old authors the "barren onion," and is used in sauces and pickles, soups and made dishes, and as an accompaniment to chops and steaks.



SHALOT.

ESPAGNOLE, or BROWN SPANISH SAUCE.

411. *INGREDIENTS.*—2 slices of lean ham, 1 lb. of veal, $1\frac{1}{2}$ pint of white stock, No. 107; 2 or 3 sprigs of parsley, $\frac{1}{2}$ a bay-leaf, 2 or 3 sprigs of savoury herbs, 6 green onions, 3 shalots, 2 cloves, 1 blade of mace, 2 glasses of sherry or Madeira, thickening of butter and flour.

a little onion, when liked, shredded very fine; salt, nutmeg, and cayenne to taste; 4 oz. of bread crumbs, 1 egg.

Mode.—Mix all the ingredients well together, carefully mincing them very finely; beat up the egg, moisten with it, and work the whole very smoothly together. Oysters or anchovies may be added to this forcemeat, and will be found a great improvement.

Average cost, 6d.

Sufficient for a moderate-sized haddock or pike.

FORCEMEAT FOR VEAL, TURKEYS, FOWLS, HARE, &c.

417. **INGREDIENTS.**—2 oz. of ham or lean bacon, $\frac{1}{2}$ lb. of suet, the rind of half a lemon, 1 teaspoonful of minced parsley, 1 teaspoonful of minced sweet herbs; salt, cayenne, and pounded mace to taste; 6 oz. of bread crumbs, 2 eggs.

Mode.—Shred the ham or bacon, chop the suet, lemon-peel, and herbs, taking particular care that all be very finely minced; add a seasoning to taste, of salt, cayenne, and mace, and blend all thoroughly together with the bread crumbs, before wetting. Now beat and strain the eggs, work these up with the other ingredients, and the forcemeat will be ready for use. When it is made into balls, fry of a nice brown, in boiling lard, or put them on a tin and bake for $\frac{1}{2}$ hour in a moderate oven. As we have stated before, no one flavour should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy. For very delicate forcemeat, it is advisable to pound the ingredients together before binding with the egg; but for ordinary cooking, mincing very finely answers the purpose.

Average cost, 8d.

Sufficient for a turkey, a moderate-sized fillet of veal, or a hare.



BASIL.

Note.—In forcemeat for HARE, the liver of the animal is sometimes added. Boil for 5 minutes, mince it very small, and mix it with the other ingredients. If it should be in an unsound state, it must be on no account made use of.

SWEET HERBS.—Those most usually employed for purposes of cooking, such as the flavouring of soups, sauces, forcemeats, &c., are thyme, sage, mint, marjoram, savory, and basil. Other sweet herbs are cultivated for purposes of medicine and perfumery: they are most grateful both to the organs of taste and smelling; and to the aroma derived from them is due, in a great measure, the sweet and exhilarating fragrance of our "flowery meads." In town, sweet herbs have to be procured at the greengrocers' or herbalists', whilst, in the country, the garden should furnish all that are wanted, the cook taking great care to have some dried in the autumn for her use throughout the winter months.

FORCEMEAT FOR BAKED PIKE.

418. **INGREDIENTS.**—3 oz. of bread crumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 anchovies (these may be dispensed with), 2 oz. of suet; salt, pepper, and pounded mace to taste; 6 tablespoonfuls of cream or milk, the yolks of 2 eggs.

Mode.—Beard and mince the oysters, prepare and mix the other ingredients by recipe No. 416, and blend the whole thoroughly together. Moisten with the cream and eggs, put all into a stewpan, and stir it over the fire till it thickens, when put it into the fish, which should have previously been cut open, and sew it up.

Time.—4 or 5 minutes to thicken. *Average cost, 10d.*

Sufficient for a moderate-sized pike.

FRENCH FORCEMEAT.

419. It will be well to state, in the beginning of this recipe, that French forcemeat, or quenelles, consist of the blending of three separate processes; namely, panada, udder, and whatever meat you intend using.

Panada.

420. **INGREDIENTS.**—The crumb of 2 penny rolls, 4 tablespoonfuls of white stock, No. 107, 1 oz. of butter, 1 slice of ham, 1 bay-leaf, a little minced parsley, 2 shalots, 1 clove, 2 blades of mace, a few mushrooms (when obtainable), butter, the yolks of 2 eggs.

Mode.—Soak the crumb of the rolls in milk for about $\frac{1}{2}$ hour, then take it out, and squeeze so as to press the milk from it; put the soaked bread into a stewpan with the above quantity of white stock, and set it on one side; then put into a separate stewpan 1 oz. of butter, a slice of lean ham cut small, with a bay-leaf, herbs, mushrooms, spices, &c., in the above proportions, and fry them gently over a slow fire. When done, moisten with 2 teacupfuls of white stock, boil for 20 minutes, and strain the whole through a sieve over the panada in the other stewpan. Place it over the fire, keep constantly stirring, to prevent its burning, and when quite dry, put in a small piece of butter. Let this again dry up by stirring over the fire; then add the yolks of 2 eggs, mix well, put the panada to cool on a clean plate, and use it when required. Panada should always be well flavoured, as the forcemeat receives no taste from any of the other ingredients used in its preparation.

Boiled Calf's Udder for French Forcemeats.

421. Put the udder into a stewpan with sufficient water to cover it; let it stew gently till quite done, when take it out to cool. Trim all

the upper parts, cut it into small pieces, and pound well in a mortar, till it can be rubbed through a sieve. That portion which passes through the strainer is one of the three ingredients of which French forcemeats are generally composed; but many cooks substitute butter for this, being a less troublesome and more expeditious mode of preparation.



PESTLE AND MORTAR.

PESTLE AND MORTAR.—No cookery can be perfectly performed without the aid of the useful instruments shown in the engraving. For pounding things sufficiently fine, they are invaluable, and the use of them will save a good deal of time, besides increasing the excellence of the preparations. They are made of iron, and, in that material, can be bought cheap; but as these are not available for all purposes, we should recommend, as more economical in the end, those made of Wedgwood, although these are considerably more expensive than the former.

Veal Quenelles.

422. **INGREDIENTS.**—Equal quantities of veal, panada (No. 420), and calf's udder (No. 421), 2 eggs; seasoning to taste of pepper, salt, and pounded mace, or grated nutmeg; a little flour.

Mode.—Take the fleshy part of veal, scrape it with a knife, till all the meat is separated from the sinews, and allow about $\frac{1}{2}$ lb. for an entrée. Chop the meat, and pound it in a mortar till reduced to a paste; then roll it into a ball; make another of panada (No. 420), the same size, and another of udder (No. 421), taking care that these three balls be of the same size. It is to be remembered, that equality of size, and not of weight, is here necessary. When the three ingredients are properly prepared, pound them altogether in a mortar for some time; for the more quenelles are pounded, the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mould it into balls, or whatever shape is intended, roll them in flour, and poach in boiling water, to which a little salt should have been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside. In the preparation of this recipe, it would be well to bear in mind that the ingredients are to be well pounded and seasoned, and must be made hard or soft according to the dishes they are intended for. For brown or white ragoûts they should be firm, and when the quenelles are used very small, extreme delicacy will be necessary in their preparation. Their flavour may be varied by using the flesh of rabbit, fowl, hare, pheasant, grouse, or an extra quantity of mushroom, parsley, &c.

Time.—About $\frac{1}{2}$ hour to poach in boiling water.

Sufficient, $\frac{1}{2}$ lb. of veal or other meat, with other ingredients in proportion, for 1 entrée.

Note.—The French are noted for their skill in making forcemeats; one of the principal causes of their superiority in this respect being, that they pound all the ingredients so diligently and thoroughly. Any one with the slightest pretensions to refined cookery, must, in this particular, implicitly follow the example of our friends across the Channel.

FORCEMEAT, or QUENELLES, FOR TURTLE SOUP.

(See No. 189.)

423. **SOYER'S RECIPE FOR FORCEMEATS.**—Take a pound and a half of lean veal from the fillet, and cut it in long thin slices; scrape with a knife till nothing but the fibre remains; put it in a mortar, pound it 10 minutes, or until in a purée; pass it through a wire sieve (use the remainder in stock); then take 1 pound of good fresh beef suet, which skin, shred, and chop very fine; put it in a mortar and pound it; then add 6 oz. of panada (that is, bread soaked in milk and boiled till nearly dry) with the suet; pound them well together, and add the veal; season with a teaspoonful of salt, a quarter one of pepper, half that of nutmeg; work all well together; then add four eggs by degrees, continually pounding the contents of the mortar. When well mixed, take a small piece in a spoon, and poach it in some boiling water; and if it is delicate, firm, and of a good flavour, it is ready for use.

FRIED BREAD CRUMBS.

424. Cut the bread into thin slices, place them in a cool oven overnight, and when thoroughly dry and crisp, roll them down into fine crumbs. Put some lard, or clarified dripping, into a frying-pan; bring it to the boiling-point, throw in the crumbs, and fry them very quickly. Directly they are done, lift them out with a slice, and drain them before the fire from all greasy moisture. When quite crisp, they are ready for use. The fat they are fried in should be clear, and the crumbs should not have the slightest appearance or taste of having been, in the least degree, burnt.

FRIED SIPPETS OF BREAD (for Garnishing many Dishes).

425. Cut the bread into thin slices, and stamp them out in whatever shape you like,—rings, crosses, diamonds, &c. &c. Fry them in the same manner as the bread crumbs, in clear boiling lard, or clarified dripping, and drain them until thoroughly crisp before the fire. When variety is desired, fry some of a pale colour, and others of a darker hue.

FRIED BREAD FOR BORDERS.

426. Proceed as above, by frying some slices of bread out in any fanciful shape. When quite crisp, dip one side of the sippet into the beaten white of an egg mixed with a little flour, and place it on the edge of the dish. Continue in this manner till the border is completed, arranging the sippets a pale and a dark one alternately.

GENEVESE SAUCE FOR SALMON, TROUT, &c.

427. **INGREDIENTS.**—1 small carrot, a small faggot of sweet herbs, including parsley, 1 onion, 5 or 6 mushrooms (when obtainable), 1 bay-leaf, 6 cloves, 1 blade of mace, 2 oz. of butter, 1 glass of sherry, 1½ pint of white stock, No. 107, thickening of butter and flour, the juice of half a lemon.

Mode.—Cut up the onion and carrot into small rings, and put them into a stewpan with the herbs, mushrooms, bay-leaf, cloves, and mace; add the butter, and simmer the whole very gently over a slow fire until the onion is quite tender. Pour in the stock and sherry, and stew slowly for 1 hour, when strain it off into a clean saucepan.

Now make a thickening of butter and flour, put it to the sauce, stir it over the fire until perfectly smooth and mellow, add the lemon-juice, give one boil, when it will be ready for table.

Time.—Altogether 2 hours.

Average cost, 1s. 3d per pint.

Sufficient, half this quantity for two slices of salmon.



SAGE.

purpose the red is the most agreeable, and the green the next. The others are used for medical purposes.

PICKLED GHERKINS.

428. **INGREDIENTS.**—Salt and water, 1 oz. of bruised ginger, ¼ oz. of whole black pepper, ¼ oz. of whole allspice, 4 cloves, 2 blades of mace, a little horseradish. This proportion of pepper, spices, &c., for 1 quart of vinegar.

Mode.—Let the gherkins remain in salt and water for 3 or 4 days, when take them out, wipe perfectly dry, and put them into a stone jar. Boil sufficient vinegar to cover them, with spices and pep-

per, &c., in the above proportion, for 10 minutes; pour it, quite boiling, over the gherkins, cover the jar with vine-leaves, and put over them a plate, setting them near the fire, where they must remain all night. Next day drain off the vinegar, boil it up again, and pour it hot over them. Cover up with fresh leaves, and let the whole remain till quite cold. Now tie down closely with bladder to exclude the air, and in a month or two, they will be fit for use.

Time.—4 days.

Seasonable from the middle of July to the end of August.

GHERKINS.—Gherkins are young cucumbers; and the only way in which they are used for cooking purposes is pickling them, as by the recipe here given. Not having arrived at maturity, they have not, of course, so strongly a developed flavour as cucumbers, and, as a pickle, they are very general favourites.



GHERKINS.

GOOSEBERRY SAUCE FOR BOILED MACKEREL.

429. **INGREDIENTS.**—1 pint of green gooseberries, 3 tablespoonfuls of Béchamel, No. 367 (veal gravy may be substituted for this), 2 oz. of fresh butter; seasoning to taste of salt, pepper, and grated nutmeg.

Mode.—Boil the gooseberries in water until quite tender; strain them, and rub them through a sieve. Put into a saucepan the Béchamel or gravy, with the butter and seasoning; add the pulp from the gooseberries, mix all well together, and heat gradually through. A little pounded sugar added to this sauce is by many persons considered an improvement, as the saccharine matter takes off the extreme acidity of the unripe fruit.

Time.—Boil the gooseberries from 20 minutes to $\frac{1}{2}$ hour.

Sufficient, this quantity, for a large dish of mackerel.

Seasonable from May to July.

THE GOOSEBERRY.—This useful and wholesome fruit (*Ribes grossularia*) is thought to be indigenous to the British Isles, and may be occasionally found in a wild state in some of the eastern counties, although, when uncultivated, it is but a very small and inferior berry. The high state of perfection to which it has been here brought, is due to the skill of the English gardeners; for in no other country does it attain the same size and flavour. The humidity of the British climate, however, has doubtless something to do with the result; and it is said that gooseberries produced in Scotland as far north as Inverness, are of a very superior character. Malic and citric acid blended with sugar, produce the pleasant flavour of the gooseberry; and upon the proper development of these properties depends the success of all cooking operations with which they are connected.

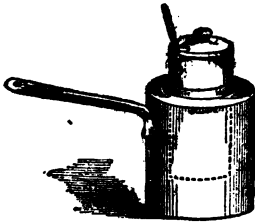


THE GOOSEBERRY.

GLAZE FOR COVERING COLD HAMS, TONGUES, &c.

INGREDIENTS.—Stock No. 104 or 107, doubling the quantity of each.

Made.—We may remark at the outset, that unless glaze is wanted in very large quantities, it is seldom made expressly. Either of the stocks mentioned above, boiled down and reduced very considerably, will be found to produce a very good glaze. Put the stock into a stewpan, over a nice clear fire; let it boil till it becomes somewhat stiff, when keep stirring, to prevent its burning. The moment it is sufficiently reduced, and comes to a glaze, turn it out into the glaze-pot, of which we have here given an engraving. As, however, this is not to be found in every establishment, a white earthenware jar would answer the purpose; and this may be placed in a vessel of boiling water, to melt the glaze when required. It should never be warmed in a saucepan, except on the principle of the bain marie, lest it should reduce too much, and become black and bitter. If the glaze is wanted of a pale colour, more veal than beef should be used in making the stock; and it is as well to omit turnips and celery, as these impart a disagreeable bitter flavour.



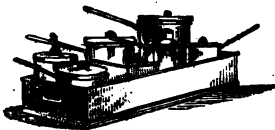
GLAZE-KETTLE.

of two tin vessels, as shown in the cut, one of which, the upper,—containing the glaze, is inserted into one of larger diameter and containing boiling water. A brush is put in the small hole at the top of the lid, and is employed for putting the glaze on anything that may require it.

THE BAIN MARIE.—So long ago as the time when emperors ruled in Rome, and the yellow Tiber passed through a populous and wealthy city, this utensil was extensively employed; and it is frequently mentioned by that profound culinary chemist of the ancients, Apicius. It is an open kind of vessel (as shown in the engraving and explained in our paragraph No. 87, on the French terms used in modern cookery), filled with boiling or nearly boiling water; and into this water should be put all the stewpans containing those ingredients which it is desired to keep hot. The quantity and quality of the contents of these vessels are not at all

affected; and if the hour of dinner is uncertain in any establishment, by reason of the nature of the master's business, nothing is so certain a means of preserving the flavour of all dishes as the employment of the bain marie.

TO GLAZE COLD JOINTS, &c.—Melt the glaze by placing the vessel which contains it, into the bain marie or saucepan of boiling water; brush it over the meat with a pasta-brush, and if in places it is not quite covered, repeat the operation. The glaze should not be too dark a colour. (See Coloured Cut of Glazed Ham, P.)



THE BAIN MARIE.

GREEN SAUCE FOR GREEN GEESE OR DUCKLINGS.

431. **INGREDIENTS.**— $\frac{1}{2}$ pint of sorrel-juice, 1 glass of sherry, $\frac{1}{2}$ pint of green gooseberries, 1 teaspoonful of pounded sugar, 1 oz. of fresh butter.

Mode.—Boil the gooseberries in water until they are quite tender; mash them and press them through a sieve; put the pulp into a saucepan with the above ingredients; ~~simmer~~ simmer for 3 or 4 minutes, and serve very hot.

Time.—3 or 4 minutes.

Note.—We have given this recipe as a sauce for green geese, thinking that some of our readers might sometimes require it; but, at the generality of fashionable tables, it is now seldom or never served.

SORREL.—We gather from the pages of Pliny and Apicius, that sorrel was cultivated by the Romans in order to give it more strength and flavour, and that they also partook of it sometimes stewed with mustard, being seasoned with a little oil and vinegar. At the present day, English cookery is not much indebted to this plant (*Rumex Acetosa*), although the French make use of it to a considerable extent. It is found in most parts of Great Britain, and also on the continent, growing wild in the grass meadows, and, in a few gardens, it is cultivated. The acid of sorrel is very pronounced, and is what chemists term a binzoalate of potash; that is, a combination of oxalic acid with potash.



SORREL.

GENERAL STOCK FOR GRAVIES.

432. Either of the stocks, Nos. 104, 105, or 107, will be found to answer very well for the basis of many gravies, unless these are wanted very rich indeed. By the addition of various store sauces, thickening and flavouring, the stocks here referred to may be converted into very good gravies. It should be borne in mind, however, that the goodness and strength of spices, wines, flavourings, &c., evaporate, and that they lose a great deal of their fragrance, if added to the gravy a long time before they are wanted. If this point is attended to, a saving of one half the quantity of these ingredients will be effected, as, with long boiling, the flavour almost entirely passes away. The shank-bones of mutton, previously well soaked, will be found a great assistance in enriching gravies; a kidney or melt, beef skirt, trimmings of meat, &c. &c., answer very well when only a small quantity is wanted, and, as we have before observed, a good gravy need not necessarily be so very expensive; for economically-prepared dishes are oftentimes found as savoury and wholesome as dearer ones. The cook should also remember that the fragrance of gravies should not be overpowered by too much spice, or any strong essences, and that they should always be warmed in a *bain marie*, after

they are flavoured, or else in a jar or jug placed in a saucepan full of boiling water. The remains of roast-meat gravy should always be saved; as, when no meat is at hand, a very nice gravy in haste may



GRAVY-KETTLE.

be made from it, and when added to hashes, ragouts, &c., is a great improvement.

GRAVY-KETTLE. — This is a utensil which will not be found in every kitchen; but it is a useful one where it is necessary to keep gravies hot for the purpose of pouring over various dishes as they are

cooking. It is made of copper, and should, consequently, be heated over the hot plate, if there be one, or a charcoal stove. The price at which it can be purchased is set down by Messrs. Slack at 14s.

GRAVY FOR ROAST MEAT.

433. INGREDIENTS.—Gravy, salt.

Mode.—Put a common dish with a small quantity of salt in it under the meat, about a quarter of an hour before it is removed from the fire. When the dish is full, take it away, baste the meat, and pour the gravy into the dish on which the joint is to be served.

SAUCES AND GRAVIES IN THE MIDDLE AGES.—Neither poultry, butcher's meat, nor roast game were eaten dry in the middle ages, any more than fried fish is now. Different sauces, each having its own peculiar flavour, were served with all these dishes, and even with the various parts of each animal. Strange and grotesque sauces, as, for example, "eggs cooked on the spit," "butter fried and roasted," were invented by the cooks of those days; but these preparations had hardly any other merit than that of being surprising and difficult to make.

A QUICKLY-MADE GRAVY.

434. INGREDIENTS.— $\frac{1}{2}$ lb. of shin of beef, $\frac{1}{2}$ onion, $\frac{1}{2}$ carrot, 2 or 3 sprigs of parsley and savoury herbs, a piece of butter about the size of a walnut; cayenne and mace to taste, $\frac{3}{4}$ pint of water.

Mode.—Cut up the meat into very small pieces, slice the onion and carrot, and put them into a small saucepan with the butter. Keep stirring over a sharp fire until they have taken a little colour, when add the water and the remaining ingredients. Simmer for $\frac{1}{2}$ hour, skim well, strain, and flavour, when it will be ready for use.

Time.— $\frac{1}{2}$ hour. *Average cost*, for this quantity, 5d.

A HUNDRED DIFFERENT DISHES.—Modern housewives know pretty well how much care, and attention, and foresight are necessary in order to serve well a little dinner for six or eight persons,—a dinner which will give credit to the *ménage*, and satisfaction and pleasure to the guests. A quickly-made gravy, under some circumstances that we have known occur, will be useful to many housekeepers when they have not much time for preparation. But, talking of speed, and time, and preparation, what a combination of all these must have been necessary for the feast at the wedding of Charles VI. of France. On that occasion, as Froissart the chronicler tells us, the art of cooking, with its innumerable paraphernalia of sauces, with gravy, pepper, cinnamon, garlic, scallion, brains, gravy soups, milk *potage*, and ragouts, had a signal triumph. The skilful *chef-de-cuisine* of the royal household covered the great marble table of the regal palace with no less than a hundred different dishes, prepared in a hundred different ways.

A GOOD BEEF GRAVY FOR POULTRY, GAME, &c.

435. **INGREDIENTS.**— $\frac{1}{2}$ lb. of lean beef, $\frac{1}{2}$ pint of cold water, 1 shalot or small onion, $\frac{1}{2}$ a teaspoonful of salt, a little pepper, 1 tablespoonful of Harvey's sauce or mushroom ketchup, $\frac{1}{2}$ a teaspoonful of arrowroot.

Mode.—Cut up the beef into small pieces, and put it, with the water, into a stewpan. Add the shalot and seasoning, and simmer gently for 3 hours, taking care that it does not boil fast. A short time before it is required, take the arrowroot, and having mixed it with a little cold water, pour it into the gravy, which keep stirring, adding the Harvey's sauce, and just letting it boil. Strain off the gravy in a tureen, and serve very hot.

Time.—3 hours. *Average cost, 8d.* per pint.

BROWN GRAVY.

436. **INGREDIENTS.**—2 oz. of butter, 2 large onions, 2 lbs. of shin of beef, 2 small slices of lean bacon (if at hand), salt and whole pepper to taste, 3 cloves, 2 quarts of water. For thickening, 2 oz. of butter, 3 oz. of flour.

Mode.—Put the butter into a stewpan; set this on the fire, throw in the onions cut in rings, and fry them a light brown; then add the beef and bacon, which should be cut into small square pieces; season, and pour in a teacupful of water; let it boil for about ten minutes, or until it is of a nice brown colour, occasionally stirring the contents. Now fill up with water in the above proportion; let it boil up, when draw it to the side of the fire to simmer very gently for $1\frac{1}{2}$ hour; strain, and when cold, take off all the fat. In thickening this gravy, melt 3 oz. of butter in a stewpan, add 2 oz. of flour, and stir till of a light-brown colour; when cold, add it to the strained gravy, and boil it up quickly. This thickening may be made in larger quantities, and kept in a stone jar for use when wanted.

Time.—Altogether, 2 hours. *Average cost, 4d.* per pint.

CLOVES.—This very agreeable spice is the unexpanded flower-buds of the *Caryophyllus aromaticus*, a handsome branching tree, a native of the Malacca Islands. They take their name from the Latin word *clavus*, or the French *clou*, both meaning a nail, and to which the clove has a considerable resemblance. Cloves were but little known to the ancients, and Pliny appears to be the only writer who mentions them; and he says, vaguely enough, that some were brought to Rome, very similar to grains of pepper, but somewhat longer; that they were only to be found in India, in a wood consecrated to the gods; and that they served in the manufacture of perfumes. The Dutch, as in the case of the nutmeg (see 378), endeavoured, when they gained possession of the Spice Islands, to secure a monopoly of cloves, and, so that the cultivation of the tree might be confined to Amboyna, their chief island, bribed the surrounding chiefs to cut down all trees found elsewhere. The Amboyna, or royal clove, is said to be the best, and is rare; but other kinds, nearly equally good, are produced in other parts of the world, and they come to Europe from Mauritius, Bourbon, Cayenne, and Martinique, as also from St. Kitts,

St. Vincent's, and Trinidad. The clove contains about 20 per cent. of volatile aromatic oil, to which it owes its peculiar pungent flavour, its other parts being composed of woody fibre, water, gum, and resin.

BROWN GRAVY WITHOUT MEAT.

437. **INGREDIENTS.**—2 large onions, 1 large carrot, 2 oz. of butter, 3 pints of boiling water, 1 bunch of savoury herbs, a wineglassful of good beer; salt and pepper to taste.

Mode.—Slice, flour, and fry the onions and carrots in the butter until of a nice light-brown colour; then add the boiling water and the remaining ingredients; let the whole stew gently for about an hour; then strain, and when cold, skim off all the fat. Thicken it in the same manner as recipe No. 436, and, if thought necessary, add a few drops of colouring No. 108.

Time.—1 hour. *Average cost*, 2d. per pint.

Note.—The addition of a small quantity of mushroom ketchup or Harvey's sauce very much improves the flavour of this gravy.

RICH GRAVY FOR HASHES, RAGOUTS, &c.

438. **INGREDIENTS.**—2 lbs. of shin of beef, 1 large onion or a few shallots, a little flour, a bunch of savoury herbs, 2 blades of mace, 2 or 3 cloves, 4 whole allspice, $\frac{1}{2}$ teaspoonful of whole pepper, 1 slice of lean ham or bacon, $\frac{1}{2}$ a head of celery (when at hand), 2 pints of boiling water; salt and cayenne to taste.

Mode.—Cut the beef into thin slices, as also the onions, dredge them with flour, and fry of a pale brown, but do not allow them to get black; pour in the boiling water, let it boil up; and skim. Add the remaining ingredients, and simmer the whole very gently for 2 hours, or until all the juices are extracted from the meat; put it by to get cold, when take off all the fat. This gravy may be flavoured with ketchup, store sauces, wine, or, in fact, anything that may give additional and suitable relish to the dish it is intended for.

Time.—Rather more than 2 hours.

Average cost, 8d. per pint.



PIMENTO.

ALLSPICE.—This is the popular name given to pimento, or Jamaica pepper, known to naturalists as *Eugenia pimenta*, and belonging to the order of Myrtaceæ. It is the berry of a fine tree in the West Indies and South America, which attains a height of from fifteen to twenty feet: the berries are not allowed to ripen, but, being gathered green, are then dried in the sun, and then become black. It is an inexpensive spice, and is considered more mild and innocent than most other spices; consequently, it is much used for domestic purposes, combining a very agreeable variety of flavours.

GRAVY MADE WITHOUT MEAT FOR FOWLS.

439. **INGREDIENTS.**—The necks, feet, livers, and gizzards of the fowls, 1 slice of toasted bread, $\frac{1}{2}$ onion, 1 faggot of savoury herbs, salt and pepper to taste, $\frac{1}{2}$ pint of water, thickening of butter and flour, 1 dessertspoonful of ketchup.

Mode.—Wash the feet of the fowls thoroughly clean, and cut them and the neck into small pieces. Put these into a stewpan with the bread, onion, herbs, seasoning, livers, and gizzards; pour the water over them and simmer gently for 1 hour. Now take out the liver, pound it, and strain the liquor to it. Add a thickening of butter and flour, and a flavoured mushroom ketchup; boil it up and serve.

Time.—1 hour. *Average cost, 1d.* per pint.

A CHEAP GRAVY FOR HASHES, &c.

440. **INGREDIENTS.**—Bones and trimmings of the cooked joint intended for hashing, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ teaspoonful of whole pepper, $\frac{1}{2}$ teaspoonful of whole allspice, a small faggot of savoury herbs, $\frac{1}{2}$ head of celery, 1 onion, 1 oz. of butter, thickening, sufficient boiling water to cover the bones.

Mode.—Chop the bones in small pieces, and put them in a stewpan, with the trimmings, salt, pepper, spice, herbs, and celery. Cover with boiling water, and let the whole simmer gently for $1\frac{1}{2}$ or 2 hours. Slice and fry the onion in the butter till it is of a pale brown, and mix it gradually with the gravy made from the bones; boil for $\frac{1}{2}$ hour, and strain into a basin; now put it back into the stewpan; flavour with walnut pickle or ketchup, pickled-onion liquor, or any store sauce that may be preferred. Thicken with a little butter and flour, kneaded together on a plate, and the gravy will be ready for use. After the thickening is added, the gravy should just boil, to take off the rawness of the flour.

Time.—2 hours, or rather more.

Average cost, 1d., exclusive of the bones and trimmings.

JUGGED GRAVY (Excellent).

441. **INGREDIENTS.**—2 lbs. of shin of beef, $\frac{1}{2}$ lb. of lean ham, 1 onion or a few shalots, 2 pints of water, salt and whole pepper to taste, 1 blade of mace, a faggot of savoury herbs, $\frac{1}{2}$ a large carrot, $\frac{1}{2}$ a head of celery.

Mode.—Cut up the beef and ham into small pieces, and slice the vegetables; take a jar, capable of holding two pints of water, and arrange therein, in layers, the ham, meat, vegetables, and seasoning,

alternately, filling up with the above quantity of water; tie down the jar, or put a plate over the top, so that the steam may not escape; place it in the oven, and let it remain there from 6 to 8 hours; should, however, the oven be very hot, less time will be required. When sufficiently cooked, strain the gravy, and when cold, remove the fat.

It may be flavoured with ketchup, wines, or any other store sauce that may be preferred.

It is a good plan to put the jar in a cool oven over-night, to draw the gravy; and then it will not require so long baking the following day.

Time.—From 6 to 8 hours, according to the oven.

Average cost, 7d. per pint.



CELERY.

CELERY.—As in the above recipe, the roots of celery are principally used in England for flavouring soups, sauces, and gravies, and for serving with cheese at the termination of a dinner, and as an ingredient for salad. In Italy, however, the green leaves and stems are also employed for stews and soups, and the seeds are also more frequently made use of on the continent than in our own islands. In Germany, celery is very highly esteemed; and it is there boiled and served up as a dish by itself, as well as used in the composition of mixed dishes. We ourselves think that this mild aromatic plant might oftener be cooked than it is; for there are very few nicer vegetable preparations brought to table than a well-dressed plate of stewed celery.

VEAL GRAVY FOR WHITE SAUCES, FRICASSEES, &c.

442. **INGREDIENTS.**—2 slices of nicely flavoured lean ham, any poultry trimmings, 3 lbs. of lean veal, a faggot of savoury herbs, including parsley, a few green onions (or 1 large onion may be substituted for these), a few mushrooms, when obtainable; 1 blade of mace, salt to taste, 3 pints of water.

Mode.—Cut up the ham and veal into small square pieces, put these in a stewpan, moistening them with a small quantity of water; place them over the fire to draw down. When the bottom of the stewpan becomes covered with a white glaze, fill up with water in the above proportion; add the remaining ingredients, stew very slowly for 3 or 4 hours, and do not forget to skim well the moment it boils. Put it by, and, when cold, take off all the fat. This may be used for Béchamel, sauce tournée, and many other white sauces.

Time.—3 or 4 hours. *Average cost, 9d. per pint.*

CHEAP GRAVY FOR MINCED VEAL.

443. **INGREDIENTS.**—Bones and trimmings of cold roast or boiled veal, 1½ pint of water, 1 onion, ¼ teaspoonful of minced lemon-peel, ¼ teaspoonful of salt, 1 blade of pounded mace, the juice of ¼ lemon; thickening of butter and flour.

Mode.—Put all the ingredients into a stewpan, except the thickening and lemon-juice, and let them simmer very gently for rather more than 1 hour, or until the liquor is reduced to a pint, when strain through a hair-sieve. Add a thickening of butter and flour, and the lemon-juice; set it on the fire, and let it just boil up, when it will be ready for use. It may be flavoured with a little tomato sauce, and, where a rather dark-coloured gravy is not objected to, ketchup, or Harvey's sauce, may be added at pleasure.

Time.—Rather more than 1 hour. *Average cost, 3d.*

GRAVY FOR VENISON.

444. **INGREDIENTS.**—Trimnings of venison, 3 or 4 mutton shank-bones, salt to taste, 1 pint of water, 2 teaspoonfuls of walnut ketchup.

Mode.—Brown the trimmings over a nice clear fire, and put them in a stewpan with the shank-bones and water; simmer gently for 2 hours, strain and skim, and add the walnut ketchup and a seasoning of salt. Let it just boil, when it is ready to serve.

Time.—2 hours.

VENISON.—Far, far away in ages past, our fathers loved the chase, and what it brought; and it is usually imagined that when Isaac ordered his son Esau to go out with his weapons, his quiver and his bow, and to prepare for him savoury meat, such as he loved, that it was venison he desired. The wise Solomon, too, delighted in this kind of fare; for we learn that, at his table, every day were served the wild ox, the roebuck, and the stag. Xenophon informs us, in his History, that Cyrus, king of Persia, ordered that venison should never be wanting at his repasts; and of the effeminate Greeks it was the delight. The Romans, also, were devoted admirers of the flesh of the deer; and our own kings and princes, from the Great Alfred down to the Prince Consort, have hunted, although, it must be confessed, under vastly different circumstances, the swift buck, and relished their "haunch" all the more keenly, that they had borne themselves bravely in the pursuit of the animal.



THE DEER.

TO DRY HERBS FOR WINTER USE.

445. On a very dry day, gather the herbs, just before they begin to flower. If this is done when the weather is damp, the herbs will not be so good a colour. (It is very necessary to be particular in little matters like this, for trifles constitute perfection, and herbs nicely dried will be found very acceptable when frost and snow are on the ground. It is hardly necessary, however, to state that the flavour and fragrance of fresh herbs are incomparably finer.) They should be perfectly freed from dirt and dust, and be divided into small bunches, with their roots cut off. Dry them quickly in a very hot oven, or before the fire, as by this means most of their flavour will be preserved, and be careful

not to burn them; tie them up in paper bags, and keep in a dry place. This is a very general way of preserving dried herbs; but we would recommend the plan described in a former recipe.

Seasonable.—From the month of July to the end of September is the proper time for storing herbs for winter use.

HERB POWDER FOR FLAVOURING, when Fresh Herbs are not obtainable.

446. **INGREDIENTS.**—1 oz. of dried lemon-thyme, 1 oz. of dried winter savory, 1 oz. of dried sweet marjoram and basil, 2 oz. of dried parsley, 1 oz. of dried lemon-peel.

Mode.—Prepare and dry the herbs by recipe No. 445; pick the leaves from the stalks, pound them, and sift them through a hair-sieve; mix in the above proportions, and keep in glass bottles, carefully excluding the air. This, we think, a far better method of keeping herbs, as the flavour and fragrance do not evaporate so much as when they are merely put in paper bags. Preparing them in this way, you have them ready for use at a moment's notice.



CORK WITH WOODEN TOP.

CORKS WITH WOODEN TOPS.—These are the best corks to use when it is indispensable that the air should not be admitted to the ingredients contained in bottles which are in constant use. The top, which, as will be seen by the accompanying little cut, is larger than the cork, is made of wood; and, besides effectually covering the whole top of the bottle, can be easily removed and again used, as no corkscrew is necessary to pull it out.

Mint, sage, parsley, &c., dried, pounded, and each put into separate bottles, will be found very useful in winter.

SAVOY.—This we find described by Columella, a voluminous Roman writer on agriculture, as an odoriferous herb, which, "in the brave days of old," entered into the seasoning of nearly every dish. Verily, there are but few new things under the sun, and we don't find that we have made many discoveries in gastronomy, at least beyond what was known to the ancient inhabitants of Italy. We possess two varieties of this aromatic herb, known to naturalists as *Satureja*. They are called summer and winter savory, according to the time of the year when they are fit for gathering. Both sorts are in general cultivation throughout England.

HORSERADISH SAUCE, to serve with Roast Beef.

447. **INGREDIENTS.**—4 tablespoonfuls of grated horseradish, 1 teaspoonful of pounded sugar, 1 teaspoonful of salt, $\frac{1}{2}$ teaspoonful of pepper, 2 teaspoonfuls of made mustard; vinegar.

Mode.—Grate the horseradish, and mix it well with the sugar, salt, pepper, and mustard; moisten it with sufficient vinegar to give it the consistency of cream, and serve in a tureen: 3 or 4 tablespoonfuls of cream added to the above, very much improve the appearance and flavour of this sauce. To heat it to serve with hot

roast beef, put it in a bain marie or a jar, which place in a saucepan of boiling water; make it hot, but do not allow it to boil, or it will curdle.

Note.—This sauce is a great improvement on the old-fashioned way of serving cold-scraped horseradish with hot roast beef. The mixing of the cold vinegar with the warm gravy cools and spoils everything on the plate. Of course, with cold meat, the sauce should be served cold.

THE HORSERADISH.—This has been, for many years, a favourite accompaniment of roast beef, and is a native of England. It grows wild in wet ground, but has long been cultivated in the garden, and is, occasionally, used in winter salads and in sauces. On account of the great volatility of its oil, it should never be preserved by drying, but should be kept moist by being buried in sand. So rapidly does its volatile oil evaporate, that even when scraped for the table, it almost immediately spoils by exposure to the air.



THE HORSERADISH.

HORSERADISH VINEGAR.

448. **INGREDIENTS.**— $\frac{1}{2}$ lb. of scraped horseradish, 1 oz. of minced shallot, 1 drachm of cayenne, 1 quart of vinegar.

Mode.—Put all the ingredients into a bottle, which shake well every day for a fortnight. When it is thoroughly steeped, strain and bottle, and it will be fit for use immediately. This will be found an agreeable relish to cold beef, &c.*

Seasonable.—This vinegar should be made either in October or November, as horseradish is then in its highest perfection.

INDIAN CURRY-POWDER, founded on Dr. Kitchener's Recipe.

449. **INGREDIENTS.**— $\frac{1}{2}$ lb. of coriander-seed, $\frac{1}{4}$ lb. of turmeric, 2 oz. of cinnamon-seed, $\frac{1}{2}$ oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, $\frac{1}{2}$ ounce of allspice, 2 oz. of fenugreek-seed.

Mode.—Put all the ingredients in a cool oven, where they should remain one night; then pound them in a mortar, rub them through a sieve, and mix thoroughly together; keep the powder in a bottle, from which the air should be completely excluded.

Note.—We have given this recipe for curry-powder, as some persons prefer to make it at home; but that purchased at any respectable shop is, generally speaking, far superior, and, taking all things into consideration, very frequently more economical.

INDIAN MUSTARD, an excellent Relish to Bread and Butter, or any cold Meat.

450. **INGREDIENTS.**— $\frac{1}{4}$ lb. of the best mustard, $\frac{1}{4}$ lb. of flour, $\frac{1}{2}$ oz.

of salt, 4 shalots, 4 tablespoonfuls of vinegar, 4 tablespoonfuls of ketchup, $\frac{1}{4}$ bottle of anchovy sauce.

Mode.—Put the mustard, flour, and salt into a basin, and make them into a stiff paste with boiling water. Boil the shalots with the vinegar, ketchup, and anchovy sauce, for 10 minutes, and pour the whole, *boiling*, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shalot at the bottom, and store away for use. This makes an excellent relish, and if properly prepared will keep for years.



MUSTARD.

MUSTARD.—Before the year 1720, mustard was not known at English tables. About that time an old woman, of the name of Clements, residing in Durham, began to grind the seed in a mill, and to pass the flour through several processes necessary to free the seed from its husks. She kept her secret for many years to herself, during which she sold large quantities of mustard throughout the country, but especially in London. Here it was introduced to the royal table, when it received the approval of George I. From the circumstance of Mrs. Clements being a resident at Durham, it obtained the name of Durham mustard. In the county of that name it is still principally cultivated, and the plant is remarkable for the rapidity of its growth. It is the best stimulant employed to impart strength to the digestive organs, and even in its previously coarsely-pounded state, had a high reputation with our ancestors.

INDIAN PICKLE (very Superior).

451. **INGREDIENTS.**—To each gallon of vinegar allow 6 cloves of garlic, 12 shalots, 2 sticks of sliced horseradish, $\frac{1}{4}$ lb. of bruised ginger, 2 oz. of whole black pepper, 1 oz. of long pepper, 1 oz. of allspice, 12 cloves, $\frac{1}{4}$ oz. of cayenne, 2 oz. of mustard-seed, $\frac{1}{4}$ lb. of mustard, 1 oz. of turmeric; a white cabbage, cauliflowers, radish-pods, French beans, gherkins, small round pickling-onions, nasturtiums, capsicums, chilies, &c.

Mode.—Cut the cabbage, which must be hard and white, into slices, and the cauliflowers into small branches; sprinkle salt over them in a large dish, and let them remain two days; then dry them, and put them into a very large jar, with garlic, shalots, horseradish, ginger, pepper, allspice, and cloves, in the above proportions. Boil sufficient vinegar to cover them, which pour over, and, when cold, cover up to keep them free from dust. As the other things for the pickle ripen at different times, they may be added as they are ready: these will be radish-pods, French beans, gherkins, small onions, nasturtiums, capsicums, chilies, &c. &c. As these are procured, they must, first of all, be washed in a little cold vinegar, wiped, and then simply added to the other ingredients in the large jar, only taking care that they are covered by the vinegar. If more vinegar should be wanted

to add to the pickle, do not omit first to boil it before adding it to the rest. When you have collected all the things you require, turn all out in a large pan, and thoroughly mix them. Now put the mixed vegetables into smaller jars, without any of the vinegar; then boil the vinegar again, adding as much more as will be required to fill the different jars, and also cayenne, mustard-seed, turmeric, and mustard, which must be well mixed with a little cold vinegar, allowing the quantities named above to each gallon of vinegar. Pour the vinegar, boiling hot, over the pickle, and when cold, tie down with a bladder. If the pickle is wanted for immediate use, the vinegar should be boiled twice more, but the better way is to make it during one season for use during the next. It will keep for years, if care is taken that the vegetables are quite covered by the vinegar.

This recipe was taken from the directions of a lady whose pickle was always pronounced excellent by all who tasted it, and who has, for many years, exactly followed the recipe given above.

Note.—For small families, perhaps the above quantity of pickle will be considered too large; but this may be decreased at pleasure, taking care to properly proportion the various ingredients.

KEEPING PICKLES.—Nothing shows more, perhaps, the difference between a tidy thrifty housewife and a lady to whom these desirable epithets may not honestly be applied, than the appearance of their respective store-closets. The former is able, the moment anything is wanted, to put her hand on it at once; no time is lost, no vexation incurred, no dish spoilt for the want of "just a little something."—the latter, on the contrary, hunts all over her cupboard for the ketchup the cook requires, or the pickle the husband thinks he should like a little of with his cold roast beef or mutton-chop, and vainly seeks for the Embden groats, or arrowroot, to make one of her little boys some gruel. One plan, then, we strenuously advise all who do not follow, to begin at once, and that is, to label all their various pickles and store sauces, in the same way as the cut here shows. It will occupy a little time at first, but there will be economy of it in the long run.



INDIA PICKLE.

VINEGAR.—This term is derived from the two French words *vin aigre*, 'sour wine,' and should, therefore, be strictly applied to that which is made only from wine. As the acid is the same, however it is procured, that made from ale also takes the same name. Nearly all ancient nations were acquainted with the use of vinegar. We learn in *Ruth*, that the reapers in the East soaked their bread in it to freshen it. The Romans kept large quantities of it in their cellars, using it, to a great extent, in their seasonings and sauces. This people attributed very beneficial qualities to it, as it was supposed to be digestive, antibilious, and antiscorbutic, as well as refreshing. Spartianus, a Latin historian, tells us that, mixed with water, it was the drink of the soldiers, and that, thanks to this beverage, the veterans of the Roman army braved, by its use, the inclemency and variety of all the different seasons and climates of Europe, Asia, and Africa. It is said, the Spanish peasantry, and other inhabitants of the southern parts of Europe, still follow this practice, and add to a gallon of water about a gill of wine vinegar, with a little salt; and that this drink, with a little bread, enables them, under the heat of their burning sun, to sustain the labours of the field.

INDIAN CHETNEY SAUCE.

452. **INGREDIENTS.**—8 oz. of sharp, sour apples, pared and cored; 8 oz. of tomatoes, 3 oz. of salt, 8 oz. of brown sugar, 8 oz. of stoned

raisins, 4 oz. of cayenne, 4 oz. of powdered ginger, 2 oz. of garlic, 2 oz. of shalots, 3 quarts of vinegar, 1 quart of lemon-juice.

Mode.—Chop the apples in small square pieces, and add to them the other ingredients. Mix the whole well together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month, taking care to put on the lid after this operation; strain, but do not squeeze it dry; store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish.

Seasonable.—Make this sauce when tomatoes are in full season, that is, from the beginning of September to the end of October.

PICKLES.—The ancient Greeks and Romans held their pickles in high estimation. They consisted of flowers, herbs, roots, and vegetables, preserved in vinegar, and which were kept, for a long time, in cylindrical vases with wide mouths. Their cooks prepared pickles with the greatest care, and the various ingredients were macerated in oil, brine, and vinegar, with which they were often impregnated drop by drop. Meat, also, after having been cut into very small pieces, was treated in the same manner.

ITALIAN SAUCE (Brown).

453. *INGREDIENTS.*—A few chopped mushrooms and shalots, $\frac{1}{2}$ pint of stock, No. 105, $\frac{1}{2}$ glass of Madeira, the juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoonful of pounded sugar, 1 teaspoonful of chopped parsley.

Mode.—Put the stock into a stewpan with the mushrooms, shalots, and Madeira, and stew gently for $\frac{1}{2}$ hour, then add the remaining ingredients, and let them just boil. When the sauce is done enough, put it in another stewpan, and warm it in a *bain marie*. (See No. 430.) The mushrooms should not be chopped long before they are wanted, as they will then become black.

Time.— $\frac{1}{2}$ hour. *Average cost*, for this quantity, 7d.

Sufficient for a small dish.

ITALIAN SAUCE (White).

454. *INGREDIENTS.*— $\frac{1}{2}$ pint of white stock, No. 107; 2 tablespoonfuls of chopped mushrooms, 1 dessertspoonful of chopped shalots, 1 slice of ham, minced very fine; $\frac{1}{2}$ pint of Béchamel, No. 367; salt to taste, a few drops of garlic vinegar, $\frac{1}{2}$ teaspoonful of pounded sugar, a squeeze of lemon-juice.

Mode.—Put the shalots and mushrooms into a stewpan with the stock and ham, and simmer very gently for $\frac{1}{2}$ hour, when add the Béchamel. Let it just boil up, and then strain it through a tammy; season with the above ingredients, and serve very hot. If this sauce should not have retained a nice white colour, a little cream may be added.

Time.— $\frac{1}{2}$ hour. *Average cost*, for this quantity, 10d.

Sufficient for a moderate-sized dish.

Note.—To preserve the colour of the mushrooms after pickling, throw them into water to which a little lemon-juice has been added.

TO PICKLE LEMONS WITH THE PEEL ON.

455. **INGREDIENTS.**—6 lemons, 2 quarts of boiling water; to each quart of vinegar allow $\frac{1}{2}$ oz. of cloves, $\frac{1}{2}$ oz. of white pepper, 1 oz. of bruised ginger, $\frac{1}{2}$ oz. of mace and chilies, 1 oz. of mustard-seed, $\frac{1}{2}$ stick of sliced horseradish, a few cloves of garlic.

Mode.—Put the lemons into a brine that will bear an egg; let them remain in it 6 days, stirring them every day; have ready 2 quarts of boiling water, put in the lemons, and allow them to boil for $\frac{1}{2}$ hour; take them out, and let them lie in a cloth until perfectly dry and cold. Boil up sufficient vinegar to cover the lemons, with all the above ingredients, allowing the same proportion as stated to each quart of vinegar. Pack the lemons in a jar, pour over the vinegar, &c. boiling hot, and tie down with a bladder. They will be fit for use in about 12 months, or rather sooner.

Seasonable.—This should be made from November to April.

THE LEMON.—In the earlier ages of the world, the lemon does not appear to have been at all known, and the Romans only became acquainted with it at a very late period, and then only used it to keep moths from their garments. Its acidity would seem to have been unpleasant to them; and in Pliny's time, at the commencement of the Christian era, this fruit was hardly accepted, otherwise than as an excellent antidote against the effects of poison. Many anecdotes have been related concerning the anti-venomous properties of the lemon; Athenus, a Latin writer, telling us, that on one occasion, two men felt no effects from the bites of dangerous serpents, because they had previously eaten of this fruit.

TO PICKLE LEMONS WITHOUT THE PEEL.

456. **INGREDIENTS.**—6 lemons, 1 lb. of fine salt; to each quart of vinegar, the same ingredients as No. 455.

Mode.—Peel the lemons, slit each one down 3 times, so as not to divide them, and rub the salt well into the divisions; place them in a pan, where they must remain for a week, turning them every other day; then put them in a Dutch oven before a clear fire until the salt has become perfectly dry; then arrange them in a jar. Pour over sufficient boiling vinegar to cover them, to which have been added the ingredients mentioned in the foregoing recipe; tie down closely, and in about 9 months they will be fit for use.

Seasonable.—The best time to make this is from November to April.

Note.—After this pickle has been made from 4 to 5 months, the liquor may be strained and bottled, and will be found an excellent lemon ketchup.

LEMON-JUICE.—Citric acid is the principal component part of lemon-juice, which, in addition to the agreeableness of its flavour, is also particularly cooling and grateful. It is likewise an antiscorbutic; and this quality enhances its value. In order to combat the fatal effects of scurvy amongst the crews of ships at sea, a regular allowance of lemon-juice is served out to the men; and by this practice, the disease has almost entirely disappeared. By putting the juice into bottles, and pouring on the top sufficient oil to cover it, it may be preserved for a considerable time. Italy and Turkey export great quantities of it in this manner.

LEMON SAUCE FOR BOILED FOWLS.

457. **INGREDIENTS.**—1 small lemon, $\frac{3}{4}$ pint of melted butter, No. 380.

Mode.—Cut the lemon into very thin slices, and these again into very small dice. Have ready $\frac{3}{4}$ pint of melted butter, made by recipe No. 380; put in the lemon; let it just simmer, but not boil, and pour it over the fowls.

Time.—1 minute to simmer. *Average cost, 6d.*

Sufficient for a pair of large fowls.

LEMON WHITE SAUCE, FOR FOWLS, FRICASSEES, &c.

458. **INGREDIENTS.**— $\frac{3}{4}$ pint of cream, the rind and juice of 1 lemon, $\frac{1}{4}$ teaspoonful of whole white pepper, 1 sprig of lemon thyme, 3 oz. of butter, 1 dessertspoonful of flour, 1 teacupful of white stock; salt to taste.

Mode.—Put the cream into a very clean saucepan (a lined one is best), with the lemon-peel, pepper, and thyme, and let these infuse for $\frac{1}{2}$ hour, when simmer gently for a few minutes, or until there is a nice flavour of lemon. Strain it, and add a thickening of butter and flour in the above proportions; stir this well in, and put in the lemon-juice at the moment of serving; mix the stock with the cream, and add a little salt. This sauce should not boil after the cream and stock are mixed together.

Time.—Altogether, $\frac{3}{4}$ hour. *Average cost, 1s. 6d.*

Sufficient, this quantity, for a pair of large boiled fowls.

Note.—Where the expense of the cream is objected to, milk may be substituted for it. In this case, an additional dessertspoonful, or rather more, of flour must be added.



LEMON THYME.

which the fragrance of the lemon is desired to slightly predominate.

LEMON THYME.—Two or three tufts of this species of thyme, *Thymus citriodorus*, usually find a place in the herb compartment of the kitchen-garden. It is a trailing evergreen, is of smaller growth than the common kind (see No. 166), and is remarkable for its smell, which closely resembles that of the rind of a lemon. Hence its distinctive name. It is used for some particular dishes, in

LEAMINGTON SAUCE (an Excellent Sauce for Flavouring Gravies, Hashes, Soups, &c.).

(*Author's Recipe.*)

459. **INGREDIENTS.**—Walnuts. To each quart of walnut-juice allow 3 quarts of vinegar, 1 pint of Indian soy, 1 oz. of cayenne, 2 oz. of shalots, $\frac{3}{4}$ oz. of garlic, $\frac{1}{2}$ pint of port wine.

Mode.—Be very particular in choosing the walnuts as soon as they appear in the market; for they are more easily bruised before they become hard and shelled. Pound them in a mortar to a pulp, strew some salt over them, and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to each quart of walnut-liquor allow the above proportion of vinegar, soy, cayenne, shalots, garlic, and port wine. Pound each ingredient separately in a mortar, then mix them well together, and store away for use in small bottles. The corks should be well sealed.

Seasonable.—This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July.

LEMON BRANDY.

460. **INGREDIENTS.**—1 pint of brandy, the rind of two small lemons, 2 oz. of loaf-sugar, $\frac{1}{2}$ pint of water.

Mode.—Peel the lemons rather thin, taking care to have none of the white pith. Put the rinds into a bottle with the brandy, and let them infuse for 24 hours, when they should be strained. Now boil the sugar with the water for a few minutes, skim it, and, when cold, add it to the brandy. A dessertspoonful of this will be found an excellent flavouring for boiled custards.

LEMON RIND OR PEEL.—This contains an essential oil of a very high flavour and fragrance, and is consequently esteemed both a wholesome and agreeable stomachic. It is used, as will be seen by many recipes in this book, as an ingredient for flavouring a number of various dishes. Under the name of **CANDIED LEMON-PEEL**, it is cleared of the pulp and preserved by sugar, when it becomes an excellent sweetmeat. By the ancient medical philosopher Galen, and others, it may be added, that dried lemon-peel was considered as one of the best digestives, and recommended to weak and delicate persons.

LIAISON OF EGGS FOR THICKENING SAUCES.

461. **INGREDIENTS.**—The yolks of 3 eggs, 8 tablespoonfuls of milk or cream.

Mode.—Beat up the yolks of the eggs, to which add the milk, and strain the whole through a hair-sieve. When the liaison is being added to the sauce it is intended to thicken, care must be exercised to keep stirring it during the whole time, or, otherwise, the eggs will curdle. It should only just simmer, but not boil.

LIVER AND LEMON SAUCE FOR POULTRY.

462. **INGREDIENTS.**—The liver of a fowl, one lemon, salt to taste, $\frac{1}{2}$ pint of melted butter, No. 376.

Mode.—Wash the liver, and let it boil for a few minutes; peel the lemon very thin, remove the white part and pips, and cut it into very small dice; mince the liver and a small quantity of the lemon rind very fine; add these ingredients to $\frac{1}{2}$ pint of smoothly-made melted butter; season with a little salt, put in the cut lemon, heat it gradually, but do not allow it to boil, lest the butter should oil.

Time.—1 minute to simmer.

Sufficient to serve with a pair of small fowls.

LIVER AND PARSLEY SAUCE FOR POULTRY.

463. **INGREDIENTS.**—The liver of a fowl, one tablespoonful of minced parsley, $\frac{1}{2}$ pint of melted butter, No. 376.

Mode.—Wash and score the liver, boil it for a few minutes, and mince it very fine; blanch or scald a small bunch of parsley, of which there should be sufficient when chopped to fill a tablespoon; add this, with the minced liver, to $\frac{1}{2}$ pint of smoothly-made melted butter; let it just boil; when serve.

Time.—1 minute to simmer.

Sufficient for a pair of small fowls.

LOBSTER SAUCE, to serve with Turbot, Salmon, Brill, &c.

(*Very Good.*)

464. **INGREDIENTS.**—1 middling-sized hen lobster, $\frac{2}{3}$ pint of melted butter, No. 376; 1 tablespoonful of anchovy sauce, $\frac{1}{2}$ oz. of butter, salt and cayenne to taste, a little pounded mace when liked, 2 or 3 tablespoonfuls of cream.

Mode.—Choose a hen lobster, as this is indispensable, in order to render this sauce as good as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with $\frac{1}{2}$ oz. of butter, and pound it quite smooth; rub it through a hair-sieve, and cover up till wanted. Make $\frac{2}{3}$ pint of melted butter by recipe No. 376; put in all the ingredients except the lobster-meat, and well mix the sauce before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the colour would immediately be spoiled; for it should be remembered that this sauce should always have a bright red appearance. If it is in-

tended to be served with turbot or brill, a little of the spawn (dried and rubbed through a sieve without butter) should be saved to garnish with; but as the goodness, flavour, and appearance of the sauce so much depend on having a proper quantity of spawn, the less used for garnishing the better.

Time.—1 minute to simmer. *Average cost*, for this quantity, 2s.

Seasonable at any time.

Sufficient to serve with a small turbot, a brill, or salmon for 6 persons.

Note.—Melted butter made with milk, No. 360, will be found to answer very well for lobster sauce, as by employing it a nice white colour will be obtained. Less quantity than the above may be made by using a very small lobster, to which add only $\frac{1}{2}$ pint of melted butter, and season as above. Where economy is desired, the cream may be dispensed with, and the remains of a cold lobster left from table, may, with a little care, be converted into a very good sauce.

MAITRE D'HOTEL BUTTER, for putting into Broiled Fish
just before it is sent to Table.

465. **INGREDIENTS**.— $\frac{1}{4}$ lb. of butter, 2 dessertspoonfuls of minced parsley, salt and pepper to taste, the juice of 1 large lemon.

Mode.—Work the above ingredients well together, and let them be thoroughly mixed with a wooden spoon. If this is used as a sauce, it may be poured either under or over the meat or fish it is intended to be served with.

Average cost, for this quantity, 5d.

Note.—4 tablespoonfuls of Béchamel, No. 367, 2 do. of white stock, No. 107, with 2 oz. of the above maître d'hôtel butter stirred into it, and just allowed to simmer for 1 minute, will be found an excellent hot maître d'hôtel sauce.

THE MAITRE D'HOTEL.—The house-steward of England is synonymous with the maître d'hôtel of France; and, in ancient times, amongst the Latins, he was called procurator, or major-domo. In Rome, the slaves, after they had procured the various articles necessary for the repasts of the day, would return to the spacious kitchen laden with meat, game, sea-fish, vegetables, fruit, &c. Each one would then lay his basket at the feet of the major-domo, who would examine its contents and register them on his tablets, placing in the pantry contiguous to the dining-room, those of the provisions which need no preparation, and consigning the others to the more immediate care of the cooks.

MAITRE D'HOTEL SAUCE (HOT), to serve with Calf's Head,
Boiled Eels, and different Fish.

466. **INGREDIENTS**.—1 slice of minced ham, a few poultry-trimmings, 2 shalots, 1 clove of garlic, 1 bay-leaf, $\frac{2}{3}$ pint of water, 2 oz. of butter, 1 dessertspoonful of flour, 1 heaped tablespoonful of chopped

parsley; salt, pepper, and cayenne to taste; the juice of $\frac{1}{2}$ large lemon, $\frac{1}{2}$ teaspoonful of pounded sugar.

Mode.—Put at the bottom of a stewpan the minced ham, and over it the poultry-trimmings (if these are not at hand, veal should be substituted), with the shalots, garlic, and bay-leaf. Pour in the water, and let the whole simmer gently for 1 hour, or until the liquor is reduced to a full $\frac{1}{2}$ pint. Then strain this gravy, put it in another saucepan, make a thickening of butter and flour in the above proportions, and stir it to the gravy over a nice clear fire, until it is perfectly smooth and rather thick, care being taken that the butter does not float on the surface. Skim well, add the remaining ingredients, let the sauce gradually heat, but do not allow it to boil. If this sauce is intended for an entrée, it is necessary to make it of a sufficient thickness, so that it may adhere to what it is meant to cover.

Time.— $1\frac{1}{2}$ hour. *Average cost*, 1s. 2d. per pint.

Sufficient for re-warming the remains of $\frac{1}{2}$ calf's head, or a small dish of cold flaked turbot, cod, &c.

MAIGRE MAITRE D'HOTEL SAUCE (HOT).

(Made without Meat.)

467. *INGREDIENTS.*— $\frac{1}{2}$ pint of melted butter, No. 376; 1 heaped tablespoonful of chopped parsley, salt and pepper to taste, the juice of $\frac{1}{2}$ large lemon; when liked, 2 minced shalots.

Mode.—Make $\frac{1}{2}$ pint of melted butter, by recipe No. 376; stir in the above ingredients, and let them just boil; when it is ready to serve.

Time.—1 minute to simmer. *Average cost*, 9d. per pint.

MAYONNAISE, a Sauce or Salad-Dressing for cold Chicken, Meat, and other cold Dishes.

468. *INGREDIENTS.*—The yolks of 2 eggs, 6 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and white pepper to taste, 1 tablespoonful of white stock, No. 107, 2 tablespoonfuls of cream.

Mode.—Put the yolks of the eggs into a basin, with a seasoning of pepper and salt; have ready the above quantities of oil and vinegar, in separate vessels; add them *very gradually* to the eggs; continue stirring and rubbing the mixture with a wooden spoon, as herein consists the secret of having a nice smooth sauce. It cannot be stirred too frequently, and it should be made in a very cool place, or, if ice is at hand, it should be mixed over it. When the vinegar and oil are well incorporated with the eggs, add the stock and cream, stirring all the time, and it will then be ready for use.

For a fish Mayonnaise, this sauce may be coloured with lobster-spawn, pounded; and for poultry or meat, where variety is desired, a little parsley-juice may be used to add to its appearance. Cucumber, Tarragon, or any other flavoured vinegar, may be substituted for plain, where they are liked.

Average cost, for this quantity, 7*d.*

Sufficient for a small salad.

Note.—In mixing the oil and vinegar with the eggs, put in first a few drops of oil, and then a few drops of vinegar, never adding a large quantity of either at one time. By this means, you can be more certain of the sauce not curdling. Patience and practice, let us add, are two essentials for making this sauce good.

MINT SAUCE, to serve with Roast Lamb.

469. **INGREDIENTS.**—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of pounded white sugar, $\frac{1}{2}$ pint of vinegar.

Mode.—Wash the mint, which should be young and fresh-gathered, free from grit; pick the leaves from the stalks, mince them very fine, and put them into a tureen; add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made 2 or 3 hours before wanted for table, as the vinegar then becomes impregnated with the flavour of the mint. By many persons, the above proportion of sugar would not be considered sufficient; but as tastes vary, we have given the quantity which we have found to suit the general palate.

Average cost, 3*d.*

Sufficient to serve with a middling-sized joint of lamb.

Note.—Where green mint is scarce and not obtainable, mint vinegar may be substituted for it, and will be found very acceptable in early spring.

MINT.—The common mint cultivated in our gardens is known as the *Mentha viridis*, and is employed in different culinary processes, being sometimes boiled with certain dishes, and afterwards withdrawn. It has an agreeable aromatic flavour, and forms an ingredient in soups, and sometimes is used in spring salads. It is valuable as a stomachic and antispasmodic; on which account it is generally served at table with pea-soup. Several of its species grow wild in low situations in the country.



MINT.

MINT VINEGAR.

470. **INGREDIENTS.**—Vinegar, mint.

Mode.—Procure some nice fresh mint, pick the leaves from the stalks, and fill a bottle or jar with them. Add vinegar to them until

the bottle is full; *cover closely* to exclude the air, and let it infuse for a fortnight. Then strain the liquor, and put it into small bottles for use, of which the corks should be sealed.

Seasonable.—This should be made in June, July, or August.

MIXED PICKLE.

(*Very Good.*)

471. **INGREDIENTS.**—To each gallon of vinegar allow $\frac{1}{2}$ lb. of bruised ginger, $\frac{1}{2}$ lb. of mustard, $\frac{1}{2}$ lb. of salt, 2 oz. of mustard-seed, $1\frac{1}{2}$ oz. of turmeric, 1 oz. of ground black pepper, $\frac{1}{2}$ oz. of cayenne, cauliflowers, onions, celery, sliced cucumbers, gherkins, French beans, nasturtiums, capsicums.

Mode.—Have a large jar, with a tightly-fitting lid, in which put as much vinegar as required, reserving a little to mix the various powders to a smooth paste. Put into a basin the mustard, turmeric, pepper, and cayenne; mix them with vinegar, and stir well until no lumps remain; add all the ingredients to the vinegar, and mix well. Keep this liquor in a warm place, and thoroughly stir every morning for a month with a wooden spoon, when it will be ready for the different vegetables to be added to it. As these come into season, have them gathered on a dry day, and, after merely wiping them with a cloth, to free them from moisture, put them into the pickle. The cauliflowers, it may be said, must be divided into small bunches. Put all these into the pickle raw, and at the end of the season, when there have been added as many of the vegetables as could be procured, store it away in jars, and tie over with bladder. As none of the ingredients are boiled, this pickle will not be fit to eat till 12 months have elapsed. Whilst the pickle is being made, keep a wooden spoon tied to the jar; and its contents, it may be repeated, must be stirred every morning.

Seasonable.—Make the pickle-liquor in May or June, as the season arrives for the various vegetables to be picked.

MUSHROOM KETCHUP.

472. **INGREDIENTS.**—To each peck of mushrooms $\frac{1}{2}$ lb. of salt; to each quart of mushroom-liquor $\frac{1}{2}$ oz. of cayenne, $\frac{1}{2}$ oz. of allspice, $\frac{1}{2}$ oz. of ginger, 2 blades of pounded mace.

Mode.—Choose full-grown mushroom-flaps, and take care they are perfectly *fresh-gathered* when the weather is tolerably dry; for, if they are picked during very heavy rain, the ketchup from which they are made is liable to get musty, and will not keep long. Put

a layer of them in a deep pan, sprinkle salt over them, and then another layer of mushrooms, and so on alternately. Let them remain for a few hours, when break them up with the hand; put them in a nice cool place for 3 days, occasionally stirring and mashing them well, to extract from them as much juice as possible. Now measure the quantity of liquor without straining, and to each quart allow the above proportion of spices, &c. Put all into a stone jar, cover it up very closely, put it in a saucepan of boiling water, set it over the fire, and let it boil for 3 hours. Have ready a nice clean stewpan; turn into it the contents of the jar, and let the whole simmer very gently for $\frac{1}{2}$ hour; pour it into a jug, where it should stand in a cool place till the next day; then pour it off into another jug, and strain it into very dry clean bottles, and do not squeeze the mushrooms. To each pint of ketchup add a few drops of brandy. Be careful not to shake the contents, but leave all the sediment behind in the jug; cork well, and either seal or rosin the cork, so as perfectly to exclude the air. When a very clear bright ketchup is wanted, the liquor must be strained through a very fine hair-sieve, or flannel bag, after it has been very gently poured off; if the operation is not successful, it must be repeated until you have quite a clear liquor. It should be examined occasionally, and if it is spoiling, should be reboiled with a few peppercorns.

Seasonable from the beginning of September to the middle of October, when this ketchup should be made.

Note.—This flavouring ingredient, if genuine and well prepared, is one of the most useful store sauces to the experienced cook, and no trouble should be spared in its preparation. Double ketchup is made by reducing the liquor to half the quantity; for example, 1 quart must be boiled down to 1 pint. This goes farther than ordinary ketchup, as so little is required to flavour a good quantity of gravy. The sediment may also be bottled for immediate use, and will be found to answer for flavouring thick soups or gravies.

HOW TO DISTINGUISH MUSHROOMS FROM TOADSTOOLS.—The cultivated mushroom, known as *Agaricus campestris*, may be distinguished from other poisonous kinds of fungi by its having pink or flesh-coloured gills, or under-side, and by its invariably having an agreeable smell, which the toadstool has not. When young, mushrooms are like a small round button, both the stalk and head being white. As they grow larger, they expand their heads by degrees into a flat form, the gills underneath being at first of a pale flesh-colour, but becoming, as they stand longer, dark brown or blackish. Nearly all the poisonous kinds are brown, and have in general a rank and putrid smell. Edible mushrooms are found in closely-fed pastures, but seldom grow in woods, where most of the poisonous sorts are to be found.

TO DRY MUSHROOMS.

473. *Mode.*—Wipe them clean, take away the brown part, and peel off the skin; lay them on sheets of paper to dry, in a cool

oven, when they will shrivel considerably. Keep them in paper bags, which hang in a dry place. When wanted for use, put them into cold gravy, bring them gradually to simmer, and it will be found that they will regain nearly their usual size.



THE MUSHROOM.

and are also dried and pickled. CATSUP, or KETCHUP, is made from them by mixing spices and salt with their juice. The young, called buttons, are the best for pickling when in the globular form.

THE MUSHROOM.—The cultivated or garden mushroom is a species of fungus, which, in England, is considered the best, and is there usually eaten. The tribe, however, is numerous, and a large proportion of them are poisonous; hence it is always dangerous to make use of mushrooms gathered in their wild state. In some parts of Europe, as in Germany, Russia, and Poland, many species grow wild, and are used as food; but in Britain, two only are generally eaten. These are mostly employed for the flavouring of dishes,

BROWN MUSHROOM SAUCE, to serve with Roast Meat, &c.

474. **INGREDIENTS.**— $\frac{1}{2}$ pint of button mushrooms, $\frac{1}{2}$ pint of good beef gravy, No. 435, 1 tablespoonful of mushroom ketchup (if at hand), thickening of butter and flour.

Mode.—Put the gravy into a saucepan, thicken it, and stir over the fire until it boils. Prepare the mushrooms by cutting off the stalks and wiping them free from grit and dirt; the large flap mushrooms cut into small pieces will answer for a brown sauce, when the buttons are not obtainable; put them into the gravy, and let them simmer very gently for about 10 minutes; then add the ketchup, and serve.

Time.—Rather more than 10 minutes.

Seasonable from August to October.

Note.—When fresh mushrooms are not obtainable, the powder No. 477 may be used as a substitute for brown sauce.

WHITE MUSHROOM SAUCE, to serve with Boiled Fowls, Cutlets, &c.

I.

475. **INGREDIENTS.**—Rather more than $\frac{1}{2}$ pint of button mushrooms, lemon-juice and water, 1 oz. of butter, $\frac{1}{2}$ pint of Béchamel, No. 367, $\frac{1}{2}$ teaspoonful of pounded sugar.

Mode.—Turn the mushrooms white by putting them into lemon-juice and water, having previously cut off the stalks and wiped them perfectly free from grit. Chop them, and put them in a stewpan with the butter. When the mushrooms are softened, add the Béchamel,

and simmer for about 5 minutes; should they, however, not be done enough, allow rather more time. They should not boil longer than necessary, as they would then lose their colour and flavour. Rub the whole through a tammy, and serve very hot. After this, it should be warmed in a bain marie.

Time.—Altogether, $\frac{1}{2}$ hour. *Average cost, 1s.*

Seasonable from August to October.

II.

A More Simple Method.

476. **INGREDIENTS.**— $\frac{1}{2}$ pint of melted butter, made with milk, No. 380; $\frac{1}{2}$ pint of button mushrooms, 1 dessertspoonful of mushroom ketchup, if at hand; cayenne and salt to taste.

Mode.—Make the melted butter by recipe No. 380, and add to it the mushrooms, which must be nicely cleaned, and free from grit, and the stalks cut off. Let them simmer gently for about 10 minutes, or until they are quite tender. Put in the seasoning and ketchup; let it just boil, when serve.

Time.—Rather more than 10 minutes. *Average cost, 8d.*

Seasonable from August to October.

GROWTH OF THE MUSHROOM AND OTHER FUNGI.—The quick growth of the mushroom and other fungi is no less wonderful than the length of time they live, and the numerous dangers they resist while they continue in the dormant state. To spring up "like a mushroom in a night" is a scriptural mode of expressing celerity; and this completely accords with all the observations which have been made concerning this curious class of plants. Mr. Sowerby remarks—"I have often placed specimens of the *Phallus caninus* by a window over-night, while in the egg-form, and they have been fully grown by the morning."

MUSHROOM POWDER (a valuable addition to Sauces and Gravies, when fresh Mushrooms are not obtainable).

477. **INGREDIENTS.**— $\frac{1}{2}$ peck of large mushrooms, 2 onions, 12 cloves, $\frac{1}{4}$ oz. of pounded mace, 2 teaspoonfuls of white pepper.

Mode.—Peel the mushrooms, wipe them perfectly free from grit and dirt, remove the black fur, and reject all those that are at all worm-eaten; put them into a stewpan with the above ingredients, but without water; shake them over a clear fire, till all the liquor is dried up, and be careful not to let them burn; arrange them on tins, and dry them in a slow oven; pound them to a fine powder, which put into small *dry* bottles; cork well, seal the corks, and keep it in a dry place. In using this powder, add it to the gravy just before serving, when it will merely require one boil-up. The flavour imparted by this means to the gravy, ought to be exceedingly good.

Seasonable.—This should be made in September, or at the beginning of October.

Note.—If the bottles in which it is stored away are not perfectly dry, as, also the mushroom powder, it will keep good but a very short time.

PICKLED MUSHROOMS.

478. **INGREDIENTS.**—Sufficient vinegar to cover the mushrooms; to each quart of mushrooms, 2 blades of pounded mace, 1 oz. of ground pepper, salt to taste.

Mode.—Choose some nice young button mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks; if very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stewpan, sprinkle salt over them, with pounded mace and pepper in the above proportion; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for 1 minute, and store it away in stone jars for use. When cold, tie down with bladder and keep in a dry place: they will remain good for a length of time, and are generally considered delicious.

Seasonable.—Make this the same time as ketchup, from the beginning of September to the middle of October.

NATURE OF THE MUSHROOM.—Locality has evidently a considerable influence on the nature of the juices of the mushroom; for it has been discovered, after fatal experience, that some species, which are perfectly harmless when raised in open meadows and pastures, become virulently poisonous when they happen to grow in contact with stagnant water or putrescent animal and vegetable substances. What the precise nature of the poison in fungi may be, has not been accurately ascertained.

A VERY RICH AND GOOD MUSHROOM SAUCE, to serve with Fowls or Rabbits.

479. **INGREDIENTS.**—1 pint of mushroom-buttons, salt to taste, a little grated nutmeg, 1 blade of pounded mace, 1 pint of cream, 2 oz. of butter, flour to thicken.

Mode.—Rub the buttons with a piece of flannel and salt, to take off the skin; cut off the stalks, and put them in a stewpan with the above ingredients, previously kneading together the butter and flour; boil the whole for about ten minutes, stirring all the time. Pour some of the sauce over the fowls, and the remainder serve in a tureen.

Time.—10 minutes. *Average cost,* 2s.

Sufficient to serve with a pair of fowls.

Seasonable from August to October.

HOW TO MIX MUSTARD.

480. **INGREDIENTS.**—Mustard, salt, and water.

Mode.—Mustard should be mixed with water that has been boiled and allowed to cool; hot water destroys its essential properties, and raw cold water might cause it to ferment. Put the mustard in a cup, with a small pinch of salt, and mix with it very gradually sufficient boiled water to make it drop from the spoon without being watery. Stir and mix well, and rub the lumps well down with the back of a spoon, as well-mixed mustard should be perfectly free from these. The mustard-pot should not be more than half full, or rather less if it will not be used in a day or two, as it is so much better when freshly mixed.

TARTAR MUSTARD.

481. **INGREDIENTS.**—Horseradish vinegar, cayenne, $\frac{1}{2}$ a teacupful of mustard.

Mode.—Have ready sufficient horseradish vinegar to mix with the above proportion of mustard; put the mustard in a cup, with a slight seasoning of cayenne; mix it perfectly smooth with the vinegar, adding this a little at a time; rub down with the back of a spoon any lumps that may appear, and do not let it be too thin. Mustard may be flavoured in various ways, with Tarragon, shalot, celery, and many other vinegars, herbs, spices, &c.; but this is more customary in France than in England, as there it is merely considered a “vehicle of flavours,” as it has been termed.

PICKLED NASTURTIUMS (a very good Substitute for Capers)

482. **INGREDIENTS.**—To each pint of vinegar, 1 oz. of salt, 6 peppercorns, nasturtiums.

Mode.—Gather the nasturtium-pods on a dry day, and wipe them clean with a cloth; put them in a dry glass bottle, with vinegar, salt, and pepper in the above proportion. If you cannot find enough ripe to fill a bottle, cork up what you have got until you have some more fit: they may be added from day to day. Bung up the bottles, and seal or rosin the tops. They will be fit for use in 10 or 12 months; and the best way is to make them one season for the next.

Seasonable.—Look for nasturtium-pods from the end of July to the end of August.

NASTURTIUMS.—The elegant nasturtium-plant, called by naturalists *Tropaeolum*, and



NASTURTIUMS.

which sometimes goes by the name of Indian cress, came originally from Peru, but was easily made to grow in these islands. Its young leaves and flowers are of a slightly hot nature, and many consider them a good adjunct to salads, to which they certainly add a pretty appearance. When the beautiful blossoms, which may be employed with great effect in garnishing dishes, are off, then the fruit is used as described in the above recipe.

FRENCH ONION SAUCE, or SOUBISE.

483. **INGREDIENTS.**— $\frac{1}{2}$ pint of Béchamel, No. 367, 1 bay-leaf, seasoning to taste of pounded mace and cayenne, 6 onions, a small piece of ham.

Mode.—Peel the onions and cut them in halves; put them in a stewpan, with just sufficient water to cover them, and add the bay-leaf, ham, cayenne, and mace; be careful to keep the lid closely shut, and simmer them until tender. Take them out and drain thoroughly; rub them through a tammy or sieve (an old one does for the purpose) with a wooden spoon, and put them to $\frac{1}{2}$ pint of Béchamel; keep stirring over the fire until it boils, when serve. If it should require any more seasoning, add it to taste.

Time.— $\frac{3}{4}$ hour to boil the onions.

Average cost, 10*d.* for this quantity.

Sufficient for a moderate-sized dish.

WHITE ONION SAUCE, for Boiled Rabbits, Roast Shoulder of Mutton, &c.

484. **INGREDIENTS.**—9 large onions, or 12 middling-sized ones, 1 pint of melted butter made with milk (No. 380), $\frac{1}{4}$ teaspoonful of salt, or rather more.

Mode.—Peel the onions and put them into water to which a little salt has been added, to preserve their whiteness, and let them remain for $\frac{1}{4}$ hour. Then put them in a stewpan, cover them with water, and let them boil until tender, and, if the onions should be very strong, change the water after they have been boiling for $\frac{1}{2}$ hour. Drain them thoroughly, chop them, and rub them through a tammy or sieve. Make 1 pint of melted butter, by recipe No. 380, and when that boils, put in the onions, with a seasoning of salt; stir it till it simmers, when it will be ready to serve. If these directions are carefully attended to, this onion sauce will be delicious.

Time.—From $\frac{3}{4}$ to 1 hour, to boil the onions.

Average cost, 9*d.* per pint.

Sufficient to serve with a roast shoulder of mutton, or boiled rabbit.

Seasonable from August to March.

Note.—To make this sauce very mild and delicate, use Spanish onions, which can be procured from the beginning of September to Christmas. 2 or 3

tablespoonfuls of cream added just before serving, will be found to improve its appearance very much. Small onions, when very young, may be cooked whole, and served in melted butter. A sieve or tammy should be kept expressly for onions: an old one answers the purpose, as it is liable to retain the flavour and smell, which of course would be excessively disagreeable in delicate preparations.

BROWN ONION SAUCE.

485. **INGREDIENTS.**—6 large onions, rather more than $\frac{1}{2}$ pint of good gravy, 2 oz. of butter, salt and pepper to taste.

Mode.—Slice and fry the onions of a pale brown in a stewpan, with the above quantity of butter, keeping them well stirred, that they do not get black. When a nice colour, pour over the gravy, and let them simmer gently until tender. Now skim off every particle of fat, add the seasoning, and rub the whole through a tammy or sieve; put it back in the saucepan to warm, and when it boils, serve.

Time.—Altogether 1 hour.

Seasonable from August to March.

Note.—Where a very high flavouring is liked, add 1 tablespoonful of mushroom ketchup, or a small quantity of port wine.

HISTORY OF THE ONION.—It is not supposed that any variety of the onion is indigenous to Britain, as when the large and mild roots imported from warmer climates, have been cultivated in these islands a few years, they deteriorate both in size and sweetness. It is therefore most likely that this plant was first introduced into England from continental Europe, and that it originally was produced in a southern climate, and has gradually become acclimatized to a colder atmosphere. (*See No. 139.*)

PICKLED ONIONS (a very Simple Method, and exceedingly Good).

486. **INGREDIENTS.**—Pickling onions; to each quart of vinegar, 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.

Mode.—Have the onions gathered when quite dry and ripe, and, with the fingers, take off the thin outside skin; then, with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onion will look quite clear. Have ready some very dry bottles or jars, and as fast as they are peeled, put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with bladder, and put them in a dry place, and in a fortnight they will be fit for use. This is a most simple recipe and very delicious, the onions being nice and crisp. They should be eaten within 6 or 8 months after being done, as the onions are liable to become soft.

Seasonable from the middle of July to the end of August.

PICKLED ONIONS.

487. **INGREDIENTS.**—1 gallon of pickling onions, salt and water, milk; to each $\frac{1}{2}$ gallon of vinegar, 1 oz. of bruised ginger, $\frac{1}{2}$ teaspoonful of cayenne, 1 oz. of allspice, 1 oz. of whole black pepper, $\frac{1}{2}$ oz. of whole nutmeg bruised, 8 cloves, $\frac{1}{2}$ oz. of mace.

Mode.—Gather the onions, which should not be too small, when they are quite dry and ripe; wipe off the dirt, but do not pare them; make a strong solution of salt and water, into which put the onions, and change this, morning and night, for 3 days, and save the last brine they were put in. Then take the outside skin off, and put them into a tin saucepan capable of holding them all, as they are always better done together. Now take equal quantities of milk and the last salt and water the onions were in, and pour this to them; to this add 2 large spoonfuls of salt, put them over the fire, and watch them very attentively. Keep constantly turning the onions about with a wooden skimmer, those at the bottom to the top, and *vice versa*; and let the milk and water run through the holes of the skimmer. Remember, the onions must never boil, or, if they do, they will be good for nothing; and they should be quite transparent. Keep the onions stirred for a few minutes, and, in stirring them, be particular not to break them. Then have ready a pan with a colander, into which turn the onions to drain, covering them with a cloth to keep in the steam. Place on a table an old cloth, 2 or 3 times double; put the onions on it when quite hot, and over them an old piece of blanket; cover this closely over them, to keep in the steam. Let them remain till the next day, when they will be quite cold, and look yellow and shrivelled; take off the shrivelled skins, when they should be as white as snow. Put them in a pan, make a pickle of vinegar and the remaining ingredients, boil all these up, and pour hot over the onions in the pan. Cover very closely to keep in all the steam, and let them stand till the following day, when they will be quite cold. Put them into jars or bottles well bunged, and a tablespoonful of the best olive-oil on the top of each jar or bottle. Tie them down with bladder, and let them stand in a cool place for a month or six weeks, when they will be fit for use. They should be beautifully white, and eat crisp, without the least softness, and will keep good many months.

Seasonable from the middle of July to the end of August.

ORANGE GRAVY, for Wildfowl, Widgeon, Teal, &c.

488. **INGREDIENTS.**— $\frac{1}{2}$ pint of white stock, No. 107, 1 small onion, 3 or 4 strips of lemon or orange peel, a few leaves of basil, if at hand,

the juice of a Seville orange or lemon, salt and pepper to taste, 1 glass of port wine.

Mode.—Put the onion, cut in slices, into a stewpan with the stock orange-peel, and basil, and let them simmer very gently for $\frac{1}{2}$ hour or rather longer, should the gravy not taste sufficiently of the peel. Strain it off, and add to the gravy the remaining ingredients; let the whole heat through, and, when on the point of boiling, serve very hot in a tureen which should have a cover to it.

Time.—Altogether $\frac{1}{2}$ hour.

Sufficient for a small tureen.

OYSTER FORCEMEAT, for Roast or Boiled Turkey.

489. **INGREDIENTS.**— $\frac{1}{2}$ pint of bread crumbs, $1\frac{1}{2}$ oz. of chopped suet or butter, 1 faggot of savoury herbs, $\frac{1}{2}$ saltspoonful of grated nutmeg, salt and pepper to taste, 2 eggs, 18 oysters.

Mode.—Grate the bread very fine, and be careful that no large lumps remain; put it into a basin with the suet, which must be very finely minced, or, when butter is used, that must be cut up into small pieces. Add the herbs, also chopped as small as possible, and seasoning; mix all these well together, until the ingredients are thoroughly mingled. Open and beard the oysters, chop them, but not too small, and add them to the other ingredients. Beat up the eggs, and, with the hand, work altogether, until it is smoothly mixed. The turkey should not be stuffed too full: if there should be too much forcemeat, roll it into balls, fry them, and use them as a garnish.

Sufficient for 1 turkey.

OYSTER KETCHUP.

490. **INGREDIENTS.**—Sufficient oysters to fill a pint measure, 1 pint of sherry, 3 oz. of salt, 1 drachm of cayenne, 2 drachms of pounded mace.

Mode.—Procure the oysters very fresh, and open sufficient to fill a pint measure; save the liquor, and scald the oysters in it with the sherry; strain the oysters, and put them in a mortar with the salt, cayenne, and mace; pound the whole until reduced to a pulp, then add it to the liquor in which they were scalded; boil it again five minutes, and skim well; rub the whole through a sieve, and, when cold, bottle and cork closely. The corks should be sealed.

Seasonable from September to April.

Nota.—Cider may be substituted for the sherry.

PICKLED OYSTERS.

491. **INGREDIENTS.**—100 oysters; to each $\frac{1}{2}$ pint of vinegar, 1 blade of pounded mace, 1 strip of lemon-peel, 12 black peppercorns.

Mode.—Get the oysters in good condition, open them, place them in a saucepan, and let them simmer in their own liquor for about 10 minutes, very gently; then take them out, one by one, and place them in a jar, and cover them, when cold, with a pickle made as follows:—Measure the oyster-liquor; add to it the same quantity of vinegar, with mace, lemon-peel, and pepper in the above proportion, and boil it for 5 minutes; when cold, pour over the oysters, and tie them down very closely, as contact with the air spoils them.

Seasonable from September to April.

Note.—Put this pickle away in small jars; because directly one is opened, its contents should immediately be eaten, as they soon spoil. The pickle should not be kept more than 2 or 3 months.

OYSTER SAUCE, to serve with Fish, Boiled Poultry, &c.

492. **INGREDIENTS.**—3 dozen oysters, $\frac{1}{2}$ pint of melted butter, made with milk, No. 380.

Mode.—Open the oysters carefully, and save their liquor; strain it into a clean saucepan (a lined one is best), put in the oysters, and let them just come to the boiling-point, when they should look plump. Take them off the fire immediately, and put the whole into a basin. Strain the liquor from them, mix with it sufficient milk to make $\frac{1}{2}$ pint altogether, and follow the directions of No. 380. When the melted butter is ready and very smooth, put in the oysters, which should be previously bearded, if you wish the sauce to be really nice. Set it by the side of the fire to get thoroughly hot, *but do not allow it to boil*, or the oysters will immediately harden. Using cream instead of milk makes this sauce extremely delicious. When liked, add a seasoning of cayenne, or anchovy sauce; but, as we have before stated, a plain sauce *should* be plain, and not be overpowered by highly-flavoured essences; therefore we recommend that the above directions be implicitly followed, and no seasoning added.

Average cost for this quantity, 2s.

Sufficient for 6 persons. Never allow fewer than 6 oysters to 1 person, unless the party is very large.

Seasonable from September to April.

A more economical sauce may be made by using a smaller quantity of oysters, and not bearding them before they are added to the sauce: this may answer

the purpose, but we cannot undertake to recommend it as a mode of making this delicious adjunct to fish, &c.

PARSLEY AND BUTTER, to serve with Calf's Head,
Boiled Fowls, &c.

493. **INGREDIENTS.**—2 tablespoonfuls of minced parsley, $\frac{1}{2}$ pint of melted butter, No. 376.

Mode.—Put into a saucepan a small quantity of water, slightly salted, and when it boils, throw in a good bunch of parsley which has been previously washed and tied together in a bunch; let it boil for 5 minutes, drain it, mince the leaves *very fine*, and put the above quantity in a tureen; pour over it $\frac{1}{2}$ pint of smoothly-made melted butter; stir once, that the ingredients may be thoroughly mixed, and serve.

Time.—5 minutes to boil the parsley. *Average cost, 4d.*

Sufficient for 1 large fowl; allow rather more for a pair.

Seasonable at any time.

Note.—Sometimes, in the middle of winter, parsley-leaves are not to be had, when the following will be found an excellent substitute:—Tie up a little parsley-seed in a small piece of muslin, and boil it for 10 minutes in a small quantity of water; use this water to make the melted butter with, and throw into it a little boiled spinach, minced rather fine, which will have an appearance similar to that of parsley.



PARSLEY.

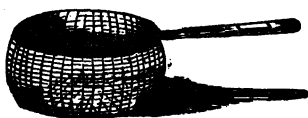
PARSLEY.—If there be nothing new under the sun, there are, at any rate, different uses found for the same thing; for this pretty aromatic herb was used in ancient times, as we learn from mythological narrative, to adorn the head of a hero, no less than Hercules; and now—was ever fall so great?—we moderns use it in connection with the head of—a calf. According to Homier's "Iliad," warriors fed their chariot-steeds on parsley; and Pliny acquaints us with the fact that, as a symbol of mourning, it was admitted to furnish the funeral tables of the Romans. Egypt, some say, first produced this herb; thence it was introduced, by some unknown voyager, into Sardinia, where the Carthaginians found it, and made it known to the inhabitants of Marseilles. (*See* No. 123.)

FRIED PARSLEY, for Garnishing.

494. **INGREDIENTS.**—Parsley, hot lard or clarified dripping.

Mode.—Gather some young parsley; wash, pick, and dry it thoroughly in a cloth; put it into the wire basket of which we have given an engraving, and hold it in boiling lard or dripping for a minute or two. Directly it is done, lift out the basket, and let it stand before the fire, that the parsley may become thoroughly crisp; and the quicker it

is fried the better. Should the kitchen not be furnished with the above article, throw the parsley into the frying-pan, and when crisp, lift it out with a slice, dry it before the fire, and when thoroughly crisp, it will be ready for use.



WIRE BASKET.

WIRE BASKET.—For this recipe, a wire basket, as shown in the annexed engraving, will be found very useful. It is very light and handy, and may be used for other similar purposes besides that described above.

PARSLEY JUICE, for Colouring various Dishes.

495. Procure some nice young parsley; wash it and dry it thoroughly in a cloth; pound the leaves in a mortar till all the juice is extracted, and put the juice in a teacup or small jar; place this in a saucepan of boiling water, and warm it on the *bain marie* principle just long enough to take off its rawness; let it drain, and it will be ready for colouring.

TO PRESERVE PARSLEY THROUGH THE WINTER.

496. Use freshly-gathered parsley for keeping, and wash it perfectly free from grit and dirt; put it into boiling water which has been slightly salted and well skimmed, and then let it boil for 2 or 3 minutes; take it out, let it drain, and lay it on a sieve in front of the fire, when it should be dried as expeditiously as possible. Store it away in a very dry place in bottles, and when wanted for use, pour over it a little warm water, and let it stand for about 5 minutes.

Seasonable.—This may be done at any time between June and October.

AN EXCELLENT PICKLE.

497. INGREDIENTS.—Equal quantities of medium-sized onions, cucumbers, and sauce-apples; $1\frac{1}{2}$ teaspoonful of salt, $\frac{2}{3}$ teaspoonful of cayenne, 1 wineglassful of soy, 1 wineglassful of sherry; vinegar.

Mode.—Slice sufficient cucumbers, onions, and apples to fill a pint stone jar, taking care to cut the slices very thin; arrange them in alternate layers, shaking in as you proceed salt and cayenne in the above proportion; pour in the soy and wine, and fill up with vinegar. It will be fit for use the day it is made.

Seasonable in August and September.

[This recipe was forwarded to the editress of this work by a subscriber to the "Englishwoman's Domestic Magazine." Mrs. Beeton, not having tested it, cannot vouch for its excellence; but the contributor spoke very highly in its favour.]

Soy.—This is a sauce frequently made use of for fish, and comes from Japan, where it is prepared from the seeds of a plant called *Dolichos Soja*. The Chinese also manufacture it; but that made by the Japanese is said to be the best. All sorts of statements have been made respecting the very general adulteration of this article in England, and we fear that many of them are too true. When genuine, it is of an agreeable flavour, thick, and of a clear brown colour.

PICKLED RED CABBAGE.

498. **INGREDIENTS.**—Red cabbages, salt and water; to each quart of vinegar, $\frac{1}{2}$ oz. of ginger well bruised, 1 oz. of whole black pepper, and, when liked, a little cayenne.

Mode.—Take off the outside decayed leaves of a nice red cabbage, cut it in quarters, remove the stalks, and cut it across in very thin slices. Lay these on a dish, and strew them plentifully with salt, covering them with another dish. Let them remain for 24 hours, turn into a colander to drain, and, if necessary, wipe lightly with a clean soft cloth. Put them in a jar; boil up the vinegar with spices in the above proportion, and, when cold, pour it over the cabbage. It will be fit for use in a week or two, and, if kept for a very long time, the cabbage is liable to get soft and to discolour. To be really nice and crisp, and of a good red colour, it should be eaten almost immediately after it is made. A little bruised cochineal boiled with the vinegar adds much to the appearance of this pickle. Tie down with bladder, and keep in a dry place.

Seasonable in July and August, but the pickle will be much more crisp if the frost has just touched the leaves.

RED CABBAGE.—This plant, in its growth, is similar in form to that of the white, but is of a bluish-purple colour, which, however, turns red on the application of acid, as is the case with all vegetable blues. It is principally from the white vegetable that the Germans make their *sauer kraut*; a dish held in such high estimation with the inhabitants of Vaderland, but which requires, generally speaking, with strangers, a long acquaintance in order to become sufficiently impressed with its numerous merits. The large red Dutch is the kind generally recommended for pickling.

PLUM-PUDDING SAUCE.

499. **INGREDIENTS.**—1 wineglassful of brandy, 2 oz. of very fresh butter, 1 glass of Madeira, pounded sugar to taste.

Mode.—Put the pounded sugar in a basin, with part of the brandy and the butter; let it stand by the side of the fire until it is warm and the sugar and butter are dissolved; then add the rest of the brandy, with the Madeira. Either pour it over the pudding, or serve in a tureen. This is a very rich and excellent sauce.

Average cost, 1s. 3d. for this quantity.

Sufficient for a pudding made for 6 persons.

QUIN'S SAUCE, an excellent Fish Sauce.

500. **INGREDIENTS.**— $\frac{1}{2}$ pint of walnut pickle, $\frac{1}{2}$ pint of port wine,

1 pint of mushroom ketchup, 1 dozen anchovies, 1 dozen shalots, $\frac{1}{2}$ pint of soy, $\frac{1}{2}$ teaspoonful of cayenne.

Mode.—Put all the ingredients into a saucepan, having previously chopped the shalots and anchovies very small; simmer for 15 minutes, strain, and, when cold, bottle off for use: the corks should be well sealed to exclude the air.

Time.— $\frac{1}{2}$ hour.

Seasonable at any time.

RAVIGOTTE, a French Salad Sauce.

Mons. Udé's Recipe.

501. **INGREDIENTS.**—1 teaspoonful of mushroom ketchup, 1 teaspoonful of caviole, 1 teaspoonful of Chili vinegar, 1 teaspoonful of Reading sauce, a piece of butter the size of an egg, 3 tablespoonfuls of thick Béchamel, No. 367, 1 tablespoonful of minced parsley, 3 tablespoonfuls of cream; salt and pepper to taste.

Mode.—Scald the parsley, mince the leaves very fine, and add it to all the other ingredients; after mixing the whole together thoroughly, the sauce will be ready for use.

Average cost, for this quantity, 10d.

Seasonable at any time.

READING SAUCE.

502. **INGREDIENTS.**— $2\frac{1}{2}$ pints of walnut pickle, $1\frac{1}{2}$ oz. of shalots, 1 quart of spring water, $\frac{2}{3}$ pint of Indian soy, $\frac{1}{2}$ oz. of bruised ginger, $\frac{1}{2}$ oz. of long pepper, 1 oz. of mustard-seed, 1 anchovy, $\frac{1}{2}$ oz. of cayenne, $\frac{1}{2}$ oz. of dried sweet bay-leaves.

Mode.—Bruise the shalots in a mortar, and put them in a stone jar with the walnut-liquor; place it before the fire, and let it boil until reduced to 2 pints. Then, into another jar, put all the ingredients except the bay-leaves, taking care that they are well bruised, so that the flavour may be thoroughly extracted; put this also before the fire, and let it boil for 1 hour, or rather more. When the contents of both jars are sufficiently cooked, mix them together, stirring them well as you mix them, and submit them to a slow boiling for $\frac{1}{2}$ hour; cover closely, and let them stand 24 hours in a cool place; then open the jar and add the bay-leaves; let it stand a week longer closed down, when strain through a flannel bag, and it will be ready for use. The above quantities will make $\frac{1}{2}$ gallon.

Time.—Altogether, 3 hours.

Seasonable.—This sauce may be made at any time.

THE

BOY'S OWN MAGAZINE.

FIFTH ANNUAL DISTRIBUTION OF GIFTS

A numerous gathering of the Purchasers of the above-named publication took place at Radley Hotel, Bridge-street, Blackfriars, E.C., on the 15th of February, 1860 (W. C. Bennett, Esq., in the chair to witness the Ballot for TWENTY-FIVE SILVER WATCHES, manufactured by John Bennett, of Cheapside, and TWENTY-FIVE SILVER PENCIL-CASES—value, together, One Hundred and Fif Guineas—which are annually distributed by the Proprietors of this publication amongst the subscribers. On this occasion the following numbers were drawn.

Names and Addresses of the Subscribers entitled each to Receive one of the Twenty-five Silver Watches.

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Norton.	23901. Orrah, E. H., Upper Head-row, Hudders-
36105. Clegg, J. D., Highfield House, near Old-	field.
ham, Lancashire.	13236. Owen, W. C., Fazeley, Staffordshire.
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36628. Constable, A., 13, Peckham Rye, Surrey.	lington, N.
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31179. Doble, C. E., 13, Bath-rd., Peckham, S.E.	28987. Reid, R. Alex., 6, Pownall-street, Upp-
16869. Hedley, Fred., 1, Royal-terrace, Ramsgate.	Medlock-street, Hulme, Manchester.
37889. Higginbotham, J. J., care of Mr. Jenkins,	16767. Rowell, J., care of Mr. B. Howard, Wa-
Bruce Grove, Tottenham, N.	boys, Hunts.
16585. King, Chas. B., Watling Works, Stony	19544. Robinson, G. J., Newick, Sussex.
Stratford.	38471. Soar, J., Jun., Portland-road, Nottingham
12165. Knowles, George, 13, Church-street,	25840. Weston, R., 6, St. Mary's-pl., Northampton
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35157. Bell, George, care of Mr. Cook, book-	37822. Mills, Jas., 13, Ebury-st., Pimlico, S.W.
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37941. Bennett, W., 1, Prince's-sq., Plymouth.	ton-on-Medlock, Manchester.
20608. Bentley, C. J., 1, Queen's-road, Erith.	23338. Olliver, R. E., Avenue-road, Clapto-
11145. Bowen, E., Royal Hotel, Weston-sup-Mare.	Freehold, Hackney Downs, N.E.
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23129. Charlton, K. S., 66, Queen-st., North	mer-lane, Birmingham.
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18822. Evans, Isaac, Codnor, near Alfreton.	19895. Thompson, J., Oxford-street, Nottingha-
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road, Salford.	Marten-street, Lancaster.
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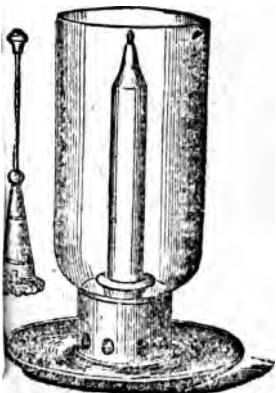
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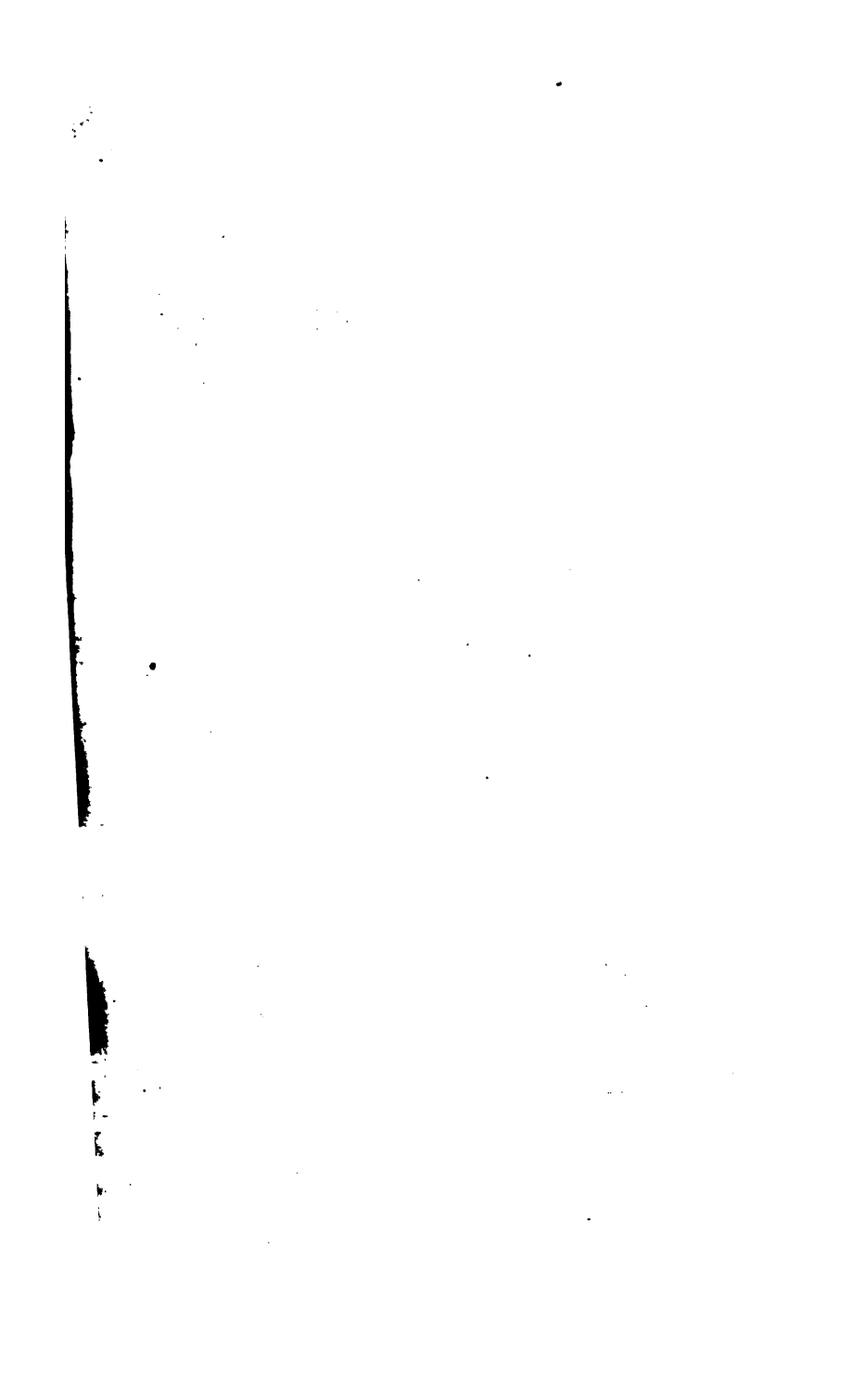
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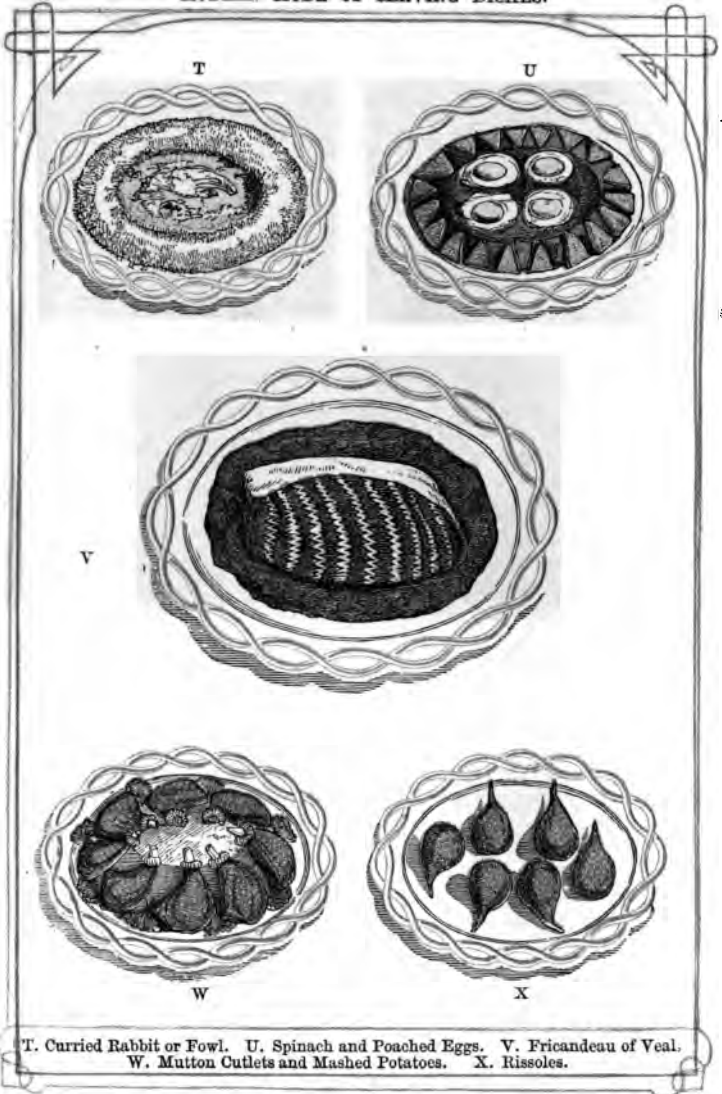
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court of his friend. When safe at Colchis, Phryxus offered the ram on the altars of Mars, and pocketed the fleece. The king received him with great kindness, and gave him his daughter Chaliope in marriage; but, some time after, he murdered him in order to obtain possession of the precious fleece. The murder of Phryxus was amply revenged by the Greeks. It gave rise to the famous Argonautic expedition, undertaken by Jason and fifty of the most celebrated heroes of Greece. The Argonauts recovered the fleece by the help of the celebrated sorceress Medea, daughter of Æetes, who fell desperately in love with the gallant but faithless Jason. In the story of the voyage of the Argo, a substratum of truth probably exists, though overlaid by a mass of fiction. The ram which carried Phryxus to Colchis is by some supposed to have been the name of the ship in which he embarked. The fleece of gold is thought to represent the immense treasures he bore away from Thebes. The alchemists of the fifteenth century were firmly convinced that the Golden Fleece was a treatise on the transmutation of metals, written on sheepskin.

HARICOT MUTTON.

I.

716. **INGREDIENTS.**—4 lbs. of the middle or best end of the neck of mutton, 3 carrots, 3 turnips, 3 onions, pepper and salt to taste, 1 table-spoonful of ketchup or Harvey's sauce.

Mode.—Trim off some of the fat, cut the mutton into rather thin chops, and put them into a frying-pan with the fat trimmings. Fry of a pale brown, but do not cook them enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and slightly fry them in the same fat that the mutton was browned in, but do not allow them to take any colour. Now lay the mutton at the bottom of a stewpan, then the vegetables, and pour over them just sufficient boiling water to cover the whole. Give one boil, skim well, and then set the pan on the side of the fire to simmer gently until the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt, and a little ketchup, and serve. This dish is very much better if made the day before it is wanted for table, as the fat can be so much more easily removed when the gravy is cold. This should be particularly attended to, as it is apt to be rather rich and greasy if eaten the same day it is made. It should be served in rather a deep dish.

Time.—2½ hours to simmer gently. *Average cost*, for this quantity, 3s.

Sufficient for 6 or 7 persons.

Seasonable at any time.

II.

717. **INGREDIENTS.**—Breast or scrag of mutton, flour, pepper and salt to taste, 1 large onion, 3 cloves, a bunch of savoury herbs, 1 blade of mace, carrots and turnips, sugar.

Mode.—Cut the mutton into square pieces, and fry them a nice colour; then dredge over them a little flour and a seasoning of pepper and salt. Put all into a stewpan, and moisten with boiling water, adding the onion, stuck with 3 cloves, the mace, and herbs. Simmer

gently till the meat is nearly done, skim off all the fat, and then add the carrots and turnips, which should previously be cut in dice and fried in a little sugar to colour them. Let the whole simmer again for 10 minutes; take out the onion and bunch of herbs, and serve.

Time.—About 3 hours to simmer. *Average cost*, 6*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable at any time.

HARICOT MUTTON (Cold Meat Cookery).

718. **INGREDIENTS.**—The remains of cold neck or loin of mutton, 2 oz. of butter, 3 onions, 1 dessertspoonful of flour, $\frac{1}{2}$ pint of good gravy, pepper and salt to taste, 2 tablespoonfuls of port wine, 1 table-spoonful of mushroom ketchup, 2 carrots, 2 turnips, 1 head of celery.

Mode.—Cut the cold mutton into moderate-sized chops, and take off the fat; slice the onions, and fry them with the chops, in a little butter, of a nice brown colour; stir in the flour, add the gravy, and let it stew gently nearly an hour. In the mean time boil the vegetables until *nearly* tender, slice them, and add them to the mutton about $\frac{1}{2}$ hour before it is to be served. Season with pepper and salt, add the ketchup and port wine, give one boil, and serve.

Time.—1 hour. *Average cost*, exclusive of the cold meat, 9*d.*

Seasonable at any time.

HASHED MUTTON.

719. **INGREDIENTS.**—The remains of cold roast shoulder or leg of mutton, 6 whole peppers, 6 whole allspice, a faggot of savoury herbs, $\frac{1}{2}$ head of celery, 1 onion, 2 oz. of butter, flour.

Mode.—Cut the meat in nice even slices from the bones, trimming off all superfluous fat and gristle; chop the bones and fragments of the joint, put them into a stewpan with the pepper, spice, herbs, and celery; cover with water, and simmer for 1 hour. Slice and fry the onion of a nice pale-brown colour, dredge in a little flour to make it thick, and add this to the bones, &c. Stew for $\frac{1}{2}$ hour, strain the gravy, and let it cool; then skim off every particle of fat, and put it, with the meat, into a stewpan. Flavour with ketchup, Harvey's sauce, tomato sauce, or any flavouring that may be preferred, and let the meat gradually warm through, but not boil, or it will harden. To hash meat properly, it should be laid in cold gravy, and only left on the fire just long enough to warm through.

Time.—1 $\frac{1}{2}$ hour to simmer the gravy.

Average cost, exclusive of the meat, 4*d.*

Seasonable at any time.

HASHED MUTTON.—Many persons express a decided aversion to hashed mutton; and, doubtless, this dislike has arisen from the fact that they have unfortunately never been properly served with this dish. If properly done, however, the meat tender (it ought to be as tender as when first roasted), the gravy abundant and well flavoured, and the sippets nicely toasted, and the whole served neatly; then, hashed mutton is by no means to be despised, and is infinitely more wholesome and appetizing than the cold leg or shoulder, of which fathers and husbands, and their bachelor friends, stand in such natural awe.

HODGE-PODGE (Cold Meat Cookery).

720. **INGREDIENTS.**—About 1 lb. of underdone cold mutton, 2 lettuces, 1 pint of green peas, 5 or 6 green onions, 2 oz. of butter, pepper and salt to taste, $\frac{1}{2}$ teacupful of water.

Mode.—Mince the mutton, and cut up the lettuces and onions in slices. Put these in a stewpan, with all the ingredients except the peas, and let these simmer very gently for $\frac{3}{4}$ hour, keeping them well stirred. Boil the peas separately, mix these with the mutton, and serve very hot.

Time.— $\frac{3}{4}$ hour.

Sufficient for 3 or 4 persons.

Seasonable from the end of May to August.

IRISH STEW.

I.

721. **INGREDIENTS.**—3 lbs. of the loin or neck of mutton, 5 lbs. of potatoes, 5 large onions, pepper and salt to taste, rather more than 1 pint of water.

Mode.—Trim off some of the fat of the above quantity of loin or neck of mutton, and cut it into chops of a moderate thickness. Pare and halve the potatoes, and cut the onions into thick slices. Put a layer of potatoes at the bottom of a stewpan, then a layer of mutton and onions, and season with pepper and salt; proceed in this manner until the stewpan is full, taking care to have plenty of vegetables at the top. Pour in the water, and let it stew very gently for $2\frac{1}{2}$ hours, keeping the lid of the stewpan closely shut the *whole* time, and occasionally shaking it to prevent its burning.

Time.— $2\frac{1}{2}$ hours. *Average cost*, for this quantity, 2s. 8d.

Sufficient for 5 or 6 persons.

Seasonable.—More suitable for a winter dish.

II.

722. **INGREDIENTS.**—2 or 3 lbs. of the breast of mutton, $1\frac{1}{2}$ pint of water, salt and pepper to taste, 4 lbs. of potatoes, 4 large onions.

Mode.—Put the mutton into a stewpan with the water and a little salt, and let it stew gently for an hour; cut the meat into small

pieces, skim the fat from the gravy, and pare and slice the potatoes and onions. Put all the ingredients into the stewpan in layers, first a layer of vegetables, then one of meat, and sprinkle seasoning of pepper and salt between each layer; cover closely, and let the whole stew very gently for 1 hour or rather more, shaking it frequently to prevent its burning.

Time.—Rather more than 2 hours. *Average cost*, 1s. 6d.

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for a winter dish.

Note.—Irish stew may be prepared in the same manner as above, but baked in a jar instead of boiled. About 2 hours or rather more in a moderate oven will be sufficient time to bake it.

ITALIAN MUTTON CUTLETS.

723. *INGREDIENTS.*—About 3 lbs. of the neck of mutton, clarified butter, the yolk of 1 egg, 4 tablespoonfuls of bread crumbs, 1 tablespoonful of minced savoury herbs, 1 tablespoonful of minced parsley, 1 teaspoonful of minced shalot, 1 saltspoonful of finely-chopped lemon-peel; pepper, salt, and pounded mace to taste; flour, $\frac{1}{4}$ pint of hot broth or water, 2 teaspoonfuls of Harvey's sauce, 1 teaspoonful of soy, 2 teaspoonfuls of tarragon vinegar, 1 tablespoonful of port wine.

Mode.—Cut the mutton into nicely-shaped cutlets, flatten them, and trim off some of the fat, dip them in clarified butter, and then into the beaten yolk of an egg. Mix well together bread crumbs, herbs, parsley, shalot, lemon-peel, and seasoning in the above proportion, and cover the cutlets with these ingredients. Melt some butter in a frying-pan, lay in the cutlets, and fry them a nice brown; take them out, and keep them hot before the fire. Dredge some flour into the pan, and if there is not sufficient butter, add a little more; stir till it looks brown, then pour in the hot broth or water, and the remaining ingredients; give one boil, and pour round the cutlets. If the gravy should not be thick enough, add a little more flour. Mushrooms, when obtainable, are a great improvement to this dish, and when not in season, mushroom-powder may be substituted for them.

Time.—10 minutes;—rather longer, should the cutlets be very thick.

Average cost, 2s. 9d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

THE DOWNS.—The well-known substance chalk, which the chemist regards as a nearly pure carbonate of lime, and the microscopist as an aggregation of inconceivably minute shells and corals, forms the sub-soil of the hilly districts of the south-east of England. The chalk-hills known as the South Downs start from the bold promontory of Beachy Head, traverse the county of Sussex from east to west, and pass through Hampshire into Surrey. The North Downs extend from Godalming, by Godstone, into Kent, and terminate in the line of cliffs which stretches from Dover to Ramsgate. The Downs are clothed with short

verdant turf; but the layer of soil which rests upon the chalk is too thin to support trees and shrubs. The hills have rounded summits, and their smooth, undulated outlines are unbroken save by the sepulchral monuments of the early inhabitants of the country. The coombes and furrows, which ramify and extend into deep valleys, appear like dried-up channels of streams and rivulets. From time immemorial, immense flocks of sheep have been reared on these downs. The herbage of these hills is remarkably nutritious; and whilst the natural healthiness of the climate, consequent on the dryness of the air and the moderate elevation of the land, is eminently favourable to rearing a superior race of sheep, the arable land in the immediate neighbourhood of the Downs affords the means of a supply of other food, when the natural produce of the hills fails. The mutton of the South-Down breed of sheep is highly valued for its delicate flavour, and the wool for its fineness; but the best specimens of this breed, when imported from England into the West Indies, become miserably lean in the course of a year or two, and their woolly fleece gives place to a covering of short, crisp, brownish hair.

BROILED KIDNEYS (a Breakfast or Supper Dish).

724. **INGREDIENTS.**—Sheep kidneys, pepper and salt to taste.

Mode.—Ascertain that the kidneys are fresh, and cut them open very evenly, lengthwise, down to the root, for should one half be thicker than the other, one would be underdone whilst the other would be dried, but do not separate them; skin them, and pass a skewer under the white part of each half to keep them flat, and broil over a nice clear fire, placing the inside downwards; turn them when done enough on one side, and cook them on the other. Remove the skewers, place the kidneys on a very hot dish, season with pepper and salt, and put a tiny piece of butter in the middle of each; serve very hot and quickly, and send very hot plates to table.



KIDNEYS.

Time.—6 to 8 minutes. *Average cost*, $1\frac{1}{2}d.$ each.

Sufficient.—Allow 1 for each person.

Seasonable at any time.

Note.—A prettier dish than the above may be made by serving the kidneys each on a piece of buttered toast cut in any fanciful shape. In this case a little lemon-juice will be found an improvement.

FRIED KIDNEYS.

725. **INGREDIENTS.**—Kidneys, butter, pepper and salt to taste.

Mode.—Cut the kidneys open without quite dividing them, remove the skin, and put a small piece of butter in the frying-pan. When the butter is melted, lay in the kidneys the flat side downwards, and fry them for 7 or 8 minutes, turning them when they are half-done. Serve on a piece of dry toast, season with pepper and salt, and put a small piece of butter in each kidney; pour the gravy from the pan over them, and serve very hot.

Time.—7 or 8 minutes. *Average cost*, $1\frac{1}{2}d.$ each.

Sufficient.—Allow 1 kidney to each person.

Seasonable at any time.

ROAST HAUNCH OF MUTTON.

726. **INGREDIENTS.**—Haunch of mutton, a little salt, flour.

Mode.—Let this joint hang as long as possible without becoming tainted, and while hanging dust flour over it, which keeps off the flies, and prevents the air from getting to it. If not well hung, the joint,



HAUNCH OF MUTTON.

when it comes to table, will neither do credit to the butcher or the cook, as it will not be tender. Wash the outside well, lest it should have a bad flavour from keeping; then flour it and put it down to a nice brisk fire, at some distance, so that it may gradually warm through. Keep continually basting, and about $\frac{1}{2}$ hour before it is served, draw it nearer to the fire to get nicely brown. Sprinkle a little fine salt over the meat, pour off the dripping, add a little boiling water slightly salted, and strain this over the joint. Place a paper ruche on the bone, and send red-currant jelly and gravy in a tureen to table with it.

Time.—About 4 hours. *Average cost*, 10*d.* per lb.

Sufficient for 8 to 10 persons.

Seasonable.—In best season from September to March.

HOW TO BUY MEAT ECONOMICALLY.—If the housekeeper is not very particular as to the precise joints to cook for dinner, there is oftentimes an opportunity for her to save as much money in her purchases of meat as will pay for the bread to eat with it. It often occurs, for instance, that the butcher may have a superfluity of certain joints, and these he would be glad to get rid of at a reduction of sometimes as much as 1*d.* or 1½*d.* per lb., and thus, in a joint of 8 or 9 lbs., will be saved enough to buy 2 quartern loaves. It frequently happens with many butchers, that, in consequence of a demand for legs and loins of mutton, they have only shoulders left, and these they will be glad to sell at a reduction.

ROAST LEG OF MUTTON.

727. **INGREDIENTS.**—Leg of mutton, a little salt.

Mode.—As mutton, when freshly killed, is never tender, hang it almost as long as it will keep; flour it, and put it in a cool airy place for a few days, if the weather will permit. Wash off the flour, wipe it very dry, and cut off the shank-bone; put it down to a brisk clear fire, dredge with flour, and keep continually basting the



LEG OF MUTTON.

whole time it is cooking. About 20 minutes before serving, draw it near the fire to get nicely brown; sprinkle over it a little salt, dish the meat, pour off the dripping, add some boiling water slightly salted, strain it over the joint, and serve.

Time.—A leg of mutton weighing 10 lbs., about 2½ or 2¾ hours; one of 7 lbs., about 2 hours, or rather less.

Average cost, 8½d. per lb.

Sufficient.—A moderate-sized leg of mutton sufficient for 6 or 8 persons.

Seasonable at any time, but not so good in June, July, and August.

ROAST LOIN OF MUTTON.

728. *INGREDIENTS.*—Loin of mutton, a little salt.

Mode.—Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver, when it comes to table. Have ready a nice clear fire (it need not be a very wide large one), put down the meat, dredge with flour, and baste well until it is done.



LOIN OF MUTTON.

Make the gravy as for roast leg of mutton, and serve very hot.

Time.—A loin of mutton weighing 6 lbs., 1½ hour, or rather longer.

Average cost, 8½d. per lb. *Sufficient* for 4 or 5 persons.

Seasonable at any time.

ROLLED LOIN OF MUTTON (Very Excellent).

729. *INGREDIENTS.*—About 6 lbs. of a loin of mutton, ¼ teaspoonful of pepper, ¼ teaspoonful of pounded allspice, ¼ teaspoonful of mace, ½ teaspoonful of nutmeg, 6 cloves, forcemeat No. 417, 1 glass of port wine, 2 tablespoonfuls of mushroom ketchup.

Mode.—Hang the mutton till tender, bone it, and sprinkle over it pepper, mace, cloves, allspice, and nutmeg in the above proportion, all of which must be pounded very fine. Let it remain for a day, then make a forcemeat by recipe No. 417, cover the meat with it, and roll and bind it up firmly. Half bake it in a slow oven, let it grow cold, take off the fat, and put the gravy into a stewpan; flour the meat, put it in the gravy, and stew it till perfectly tender. Now take out the meat, unbind it, add to the gravy wine and ketchup as above, give one boil, and pour over the meat. Serve with red-currant jelly; and, if obtainable, a few mushrooms stewed for a few minutes in the gravy, will be found a great improvement.

Time.—1½ hour to bake the meat, 1½ hour to stew gently.

*Average cost, 4s. 9d. Sufficient for 5 or 6 persons,
Seasonable at any time.*

Note.—This joint will be found very nice if rolled and stuffed, as here directed, and plainly roasted. It should be well basted, and served with a good gravy and currant jelly.

BOILED NECK OF MUTTON.

730. **INGREDIENTS.**—4 lbs. of the middle, or best end of the neck of mutton; a little salt.

Mode.—Trim off a portion of the fat, should there be too much, and if it is to look particularly nice, the chine-bone should be sawn down, the ribs stripped halfway down, and the ends of the bones chopped off; this is, however, not necessary. Put the meat into sufficient boiling water to cover it; when it boils, add a little salt and remove all the scum. Draw the saucepan to the side of the fire, and let the water get so cool that the finger may be borne in it; then simmer very slowly and gently until the meat is done, which will be in about 1½ hour, or rather more, reckoning from the time that it begins to simmer. Serve with turnips and caper sauce, No. 382, and pour a little of it over the meat. The turnips should be boiled with the mutton; and, when at hand, a few carrots will also be found an improvement. These, however, if very large and thick, must be cut into long thinnish pieces, or they will not be sufficiently done by the time the mutton is ready. Garnish the dish with carrots and turnips placed alternately round the mutton.

Time.—4 lbs. of the neck of mutton, about 1½ hour.

Average cost, 8½d. per lb.

Sufficient for 6 or 7 persons.

Seasonable at any time.

THE POETS ON SHEEP.—The keeping of flocks seems to have been the first employment of mankind; and the most ancient sort of poetry was probably pastoral. The poem known as the Pastoral gives a picture of the life of the simple shepherds of the golden age, who are supposed to have beguiled their time in singing. In all pastorals, repeated allusions are made to the "fleece flocks," the "milk-white lambs," and "the tender ewes;" indeed, the sheep occupy a position in these poems inferior only to that of the shepherds who tend them. The "nibbling sheep" has ever been a favourite of the poets, and has supplied them with figures and similes without end. Shakspeare frequently compares men to sheep. When Gloster rudely drives the lieutenant from the side of Henry VI., the poor king thus touchingly speaks of his helplessness:—

"So flies the reckless shepherd from the wolf:
So first the harmless sheep doth yield his fleece,
And next his throat, unto the butcher's knife."

In the "Two Gentlemen of Verona," we meet with the following humorous comparison:—

"*Proteus.* The sheep for fodder follow the shepherd, the shepherd for food follows not the sheep: thou for wages followest thy master, thy master for wages follows not thee; therefore, thou art a sheep.

"*Speed.* Such another proof will make me cry *baa.*"

The descriptive poets give us some charming pictures of sheep. Every one is familiar with the sheep-shearing scene in Thomson's "Seasons :"—

"Heavy and dripping, to the breezy brow
Slow move the harmless race; where, as they spread
Their swelling treasures to the sunny ray,
Inly disturb'd, and wond'ring what this wild
Outrageous tumult means, their loud complaints
The country fill; and, toss'd from rock to rock,
Incessant bleatings run around the hills."

What an exquisite idea of stillness is conveyed in the oft-quoted line from Gray's "Elegy :"—

"And drowsy tinklings lull the distant fold."

From Dyer's quaint poem of "The Fleece" we could cull a hundred passages relating to sheep; but we have already exceeded our space. We cannot, however, close this brief notice of the allusions that have been made to sheep by our poets, without quoting a couple of verses from Robert Burns's "Elegy on Poor Mailie," his only "pet yowe :"—

"Thro' a' the town she troll'd by him;
A lang half-mile she could descry him;
Wi' kindly bleat, when she did spy him,
She ran wi' speed;
A friend mair faithfu' ne'er cam' nigh him
Than Mailie dead.

"I wat she was a sheep o' sense,
An' could behave hersel' wi' mense;
I'll say 't, she never brak a fence,
Thro' thievish greed,
Our bardie, lanely, keeps the spence,
Sin' Mailie's dead."

MUTTON COLLOPS (Cold Meat Cookery).

731. **INGREDIENTS.**—A few slices of a cold leg or loin of mutton, salt and pepper to taste, 1 blade of pounded mace, 1 small bunch of savoury herbs minced very fine, 2 or 3 shalots, 2 or 3 oz. of butter, 1 dessertspoonful of flour, $\frac{1}{2}$ pint of gravy, 1 tablespoonful of lemon-juice.

Mode.—Cut some very thin slices from a leg or the chump end of a loin of mutton; sprinkle them with pepper, salt, pounded mace, minced savoury herbs, and minced shalot; fry them in butter, stir in a dessertspoonful of flour, add the gravy and lemon-juice, simmer very gently about 5 or 7 minutes, and serve immediately.

Time.—5 to 7 minutes. *Average cost*, exclusive of the meat, 6d.

Seasonable at any time.

MUTTON CUTLETS WITH MASHED POTATOES.

732. **INGREDIENTS.**—About 3 lbs. of the best end of the neck of mutton, salt and pepper to taste, mashed potatoes.

Mode.—Procure a well-hung neck of mutton, saw off about 3 inches of the top of the bones, and cut the cutlets of a moderate thickness. Shape them by chopping off the thick part of the chine-bone; beat

them flat with a cutlet-chopper, and scrape quite clean, a portion of the top of the bone. Broil them over a nice clear fire for about 7 or 8 minutes, and turn them frequently. Have ready some smoothly-mashed white potatoes; place these in the middle of the dish; when the cutlets are done, season with pepper and salt; arrange them round the potatoes, with



MUTTON CUTLETS.

the thick end of the cutlets downwards, and serve very hot and quickly. (See Coloured Plate.)

Time.—7 or 8 minutes. *Average cost, for this quantity, 2s. 4d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—Cutlets may be served in various ways; with peas, tomatoes, onions, sauce piquante, &c.

MUTTON PIE (Cold Meat Cookery).

733. **INGREDIENTS.**—The remains of a cold leg, loin, or neck of mutton, pepper and salt to taste, 2 blades of pounded mace, 1 dessert-spoonful of chopped parsley, 1 teaspoonful of minced savoury herbs; when liked, a little minced onion or shalot; 3 or 4 potatoes, 1 teacupful of gravy; crust.

Mode.—Cold mutton may be made into very good pies if well seasoned and mixed with a few herbs; if the leg is used, cut it into very thin slices; if the loin or neck, into thin cutlets. Place some at the bottom of the dish; season well with pepper, salt, mace, parsley, and herbs; then put a layer of potatoes sliced, then more mutton, and so on till the dish is full; add the gravy, cover with a crust, and bake for 1 hour.

Time.—1 hour.

Seasonable at any time.

Note.—The remains of an underdone leg of mutton may be converted into a very good family pudding, by cutting the meat into slices, and putting them into a basin lined with a suet crust. It should be seasoned well with pepper, salt, and minced shalot, covered with a crust, and boiled for about 3 hours.

MUTTON PIE.

734. **INGREDIENTS.**—2 lbs. of the neck or loin of mutton, weighed after being boned; 2 kidneys, pepper and salt to taste, 2 teacupfuls of gravy or water, 2 tablespoonfuls of minced parsley; when liked, a little minced onion or shalot; puff crust.

Mode.—Bone the mutton, and cut the meat into steaks all of the

same thickness, and leave but very little fat. Cut up the kidneys, and arrange these with the meat neatly in a pie-dish; sprinkle over them the minced parsley and a seasoning of pepper and salt; pour in the gravy, and cover with a tolerably good puff crust. Bake for $1\frac{1}{4}$ hour, or rather longer, should the pie be very large, and let the oven be rather brisk. A well-made suet crust may be used instead of puff crust, and will be found exceedingly good.

Time.— $1\frac{1}{4}$ hour, or rather longer. *Average cost*, 2s.

Sufficient for 5 or 6 persons.

Seasonable at any time.

MUTTON PUDDING.

735. **INGREDIENTS.**—About 2 lbs. of the chump end of the loin of mutton, weighed after being boned; pepper and salt to taste, suet crust made with milk (*see* Pastry), in the proportion of 6 oz. of suet to each pound of flour; a very small quantity of minced onion (this may be omitted when the flavour is not liked).

Mode.—Cut the meat into rather thin slices, and season them with pepper and salt; line the pudding-dish with crust; lay in the meat, and nearly, but do not quite, fill it up with water; when the flavour is liked, add a small quantity of minced onion; cover with crust, and proceed in the same manner as directed in recipe No. 605, using the same kind of pudding-dish as there mentioned.

Time.—About 3 hours. *Average cost*, 1s. 9d.

Sufficient for 6 persons.

Seasonable all the year, but more suitable in winter.

RAGOUT OF COLD NECK OF MUTTON (Cold Meat Cookery).

736. **INGREDIENTS.**—The remains of a cold neck or loin of mutton, 2 oz. of butter, a little flour, 2 onions sliced, $\frac{1}{2}$ pint of water, 2 small carrots, 2 turnips, pepper and salt to taste.

Mode.—Cut the mutton into small chops, and trim off the greater portion of the fat; put the butter into a stewpan, dredge in a little flour, add the sliced onions, and keep stirring till brown; then put in the meat. When this is quite brown, add the water, and the carrots and turnips, which should be cut into very thin slices; season with pepper and salt, and stew till quite tender, which will be in about $\frac{3}{4}$ hour. When in season, green peas may be substituted for the carrots and turnips: they should be piled in the centre of the dish, and the chops laid round.

Time.— $\frac{3}{4}$ hour. *Average cost*, exclusive of the meat, 4d.

Seasonable, with peas, from June to August.

ROAST NECK OF MUTTON.

737. **INGREDIENTS.**—Neck of mutton; a little salt.

Mode.—For roasting, choose the middle, or the best end, of the neck of mutton, and if there is a very large proportion of fat, trim off some of it, and save it for making into suet puddings, which will be found



NECK OF MUTTON.
1—2. *Best end.* 2—3. *Scrag.*

exceedingly good. Let the bones be cut short, and see that it is properly jointed before it is laid down to the fire, as they will be more easily separated when they come to table. Place the joint at a nice brisk fire, dredge it with flour, and keep continually basting until done. A few minutes before serving, draw it nearer

the fire to acquire a nice colour, sprinkle over it a little salt, pour off the dripping, add a little boiling water slightly salted; strain this over the meat and serve. Red-currant jelly may be sent to table with it.

Time.—4 lbs. of the neck of mutton, rather more than 1 hour.

Average cost, 8½d. per lb.

Sufficient for 4 or 5 persons. Seasonable at any time.

WOOLLEN MANUFACTURES.—The distinction between hair and wool is rather arbitrary than natural, consisting in the greater or less degrees of fineness, softness, and pliability of the fibres. When the fibres possess these properties so far as to admit of their being spun and woven into a texture sufficiently pliable to be used as an article of dress, they are called wool. The sheep, llama, Angora goat, and the goat of Thibet, are the animals from which most of the wool used in manufactures is obtained. The finest of all wools is that from the goat of Thibet, of which the Cashmere shawls are made. Of European wools, the finest is that yielded by the Merino sheep, the Spanish and Saxon breeds taking the precedence. The Merino sheep, as now naturalized in Australia, furnishes an excellent fleece; but all varieties of sheep-wool, reared either in Europe or Australia, are inferior in softness of feel to that grown in India, and to that of the llama of the Andes. The best of our British wools are inferior in fineness to any of the above-mentioned, being nearly twelve times the thickness of the finest Spanish merino; but, for the ordinary purposes of the manufacturer, they are unrivalled.

ROAST SADDLE OF MUTTON.

738. **INGREDIENTS.**—Saddle of mutton; a little salt.

Mode.—To insure this joint being tender, let it hang for ten days or a fortnight, if the weather permits. Cut off the tail and flaps, and trim away every part that has not indisputable pretensions to be eaten, and have the skin taken off and skewered on again. Put it down to a bright, clear fire, and, when the joint has been cooking for an hour, remove



SADDLE OF MUTTON.

the skin and dredge it with flour. It should not be placed too near

the fire, as the fat should not be in the slightest degree burnt. Keep constantly basting, both before and after the skin is removed; sprinkle some salt over the joint. Make a little gravy in the dripping-pan; pour it over the meat, which send to table with a tureen of made gravy and red-currant jelly.

Time.—A saddle of mutton weighing 10 lbs., 2½ hours; 14 lbs., 3½ hours. When liked underdone, allow rather less time.

Average cost, 10d. per lb.

Sufficient.—A moderate-sized saddle of 10 lbs. for 7 or 8 persons.

Seasonable all the year; not so good when lamb is in full season.

ROAST SHOULDER OF MUTTON.

739. *INGREDIENTS.*—Shoulder of mutton; a little salt.

Mode.—Put the joint down to a bright, clear fire; flour it well, and keep continually basting. About ¼ hour before serving, draw it near the fire, that the outside may acquire a nice brown colour, but not sufficiently near to blacken the fat. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents, pour in a little boiling water slightly salted, and strain this over the joint. Onion sauce, or stewed Spanish onions, are usually sent to table with this dish, and sometimes baked potatoes.



SHOULDER OF MUTTON.

Time.—A shoulder of mutton weighing 6 or 7 lbs., 1½ hour.

Average cost, 8d. per lb.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

Note.—Shoulder of mutton may be dressed in a variety of ways; boiled, and served with onion sauce; boned, and stuffed with a good veal forcement; or baked, with sliced potatoes in the dripping-pan.

THE ETRICK SHEPHERD.—James Hogg was perhaps the most remarkable man that ever wore the *maud* of a shepherd. Under the garb, aspect, and bearing of a rude peasant (and rude enough he was in most of these things, even after no inconsiderable experience of society), the world soon discovered a true poet. He taught himself to write, by copying the letters of a printed book as he lay watching his flock on the hill-side, and believed that he had reached the utmost pitch of his ambition when he first found that his artless rhymes could touch the heart of the awe-milker who partook the shelter of his mantle during the passing storm. If "the shepherd" of Professor Wilson's "*Noctes Ambrosianæ*" may be taken as a true portrait of James Hogg, we must admit that, for quaintness of humour, the poet of Ettrick Forest had few rivals. Sir Walter Scott said that Hogg's thousand little touches of absurdity afforded him more entertainment than the best comedy that ever set the pit in a roar. Among the written productions of the shepherd-poet, is an account of his own experiences in sheep-tending, called "*The Shepherd's Calendar*." This work contains a vast amount of useful information upon sheep, their diseases, habits, and management. The Ettrick Shepherd died in 1836.

SHEEP'S BRAINS, EN MATELOTE (an Entree).

740. **INGREDIENTS.**—6 sheep's brains, vinegar, salt, a few slices of bacon, 1 small onion, 2 cloves, a small bunch of parsley, sufficient stock or weak broth to cover the brains, 1 tablespoonful of lemon-juice, matelote sauce, No. 512.

Mode.—Detach the brains from the heads without breaking them, and put them into a pan of warm water; remove the skin, and let them remain for two hours. Have ready a saucepan of boiling water, add a little vinegar and salt, and put in the brains. When they are quite firm, take them out and put them into very cold water. Place 2 or 3 slices of bacon in a stewpan, put in the brains, the onion stuck with 2 cloves, the parsley, and a good seasoning of pepper and salt; cover with stock, or weak broth, and boil them gently for about 25 minutes. Have ready some croûtons; arrange these in the dish alternately with the brains, and cover with a matelote sauce, No. 512, to which has been added the above proportion of lemon-juice.

Time.—25 minutes. *Average cost,* 1s. 6d.

Sufficient for 6 persons.

Seasonable at any time.

SHEEP'S FEET or TROTTERS (Soyer's Recipe).

741. **INGREDIENTS.**—12 feet, $\frac{1}{4}$ lb. of beef or mutton suet, 2 onions, 1 carrot, 2 bay-leaves, 2 sprigs of thyme, 1 oz. of salt, $\frac{1}{4}$ oz. of pepper, 2 tablespoonfuls of flour, $2\frac{1}{2}$ quarts of water, $\frac{1}{4}$ lb. of fresh butter, 1 teaspoonful of salt, 1 teaspoonful of flour, $\frac{1}{4}$ teaspoonful of pepper, a little grated nutmeg, the juice of 1 lemon, 1 gill of milk, the yolks of 2 eggs.

Mode.—Have the feet cleaned, and the long bone extracted from them. Put the suet into a stewpan, with the onions and carrot sliced, the bay-leaves, thyme, salt, and pepper, and let these simmer for 5 minutes. Add 2 tablespoonfuls of flour and the water, and keep stirring till it boils; then put in the feet. Let these simmer for 3 hours, or until perfectly tender, and take them and lay them on a sieve. Mix together, on a plate, with the back of a spoon, butter, salt, flour (1 teaspoonful), pepper, nutmeg, and lemon-juice as above, and put the feet, with a gill of milk, into a stewpan. When very hot, add the butter, &c., and stir continually till melted. Now mix the yolks of 2 eggs with 5 tablespoonfuls of milk; stir this to the other ingredients, keep moving the pan over the fire continually for a minute or two, but do not allow it to boil after the eggs are added.

Serve in a very hot dish, and garnish with croutons, or sippets of toasted bread.

Time.—3 hours. *Average cost*, 1s. 6d.

Sufficient for 4 persons.

Seasonable at any time.

TO DRESS A SHEEP'S HEAD.

742. **INGREDIENTS.**—1 sheep's head, sufficient water to cover it, 3 carrots, 3 turnips, 2 or 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt, $\frac{1}{4}$ lb. of Scotch oatmeal.

Mode.—Clean the head well, and let it soak in warm water for 2 hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for $1\frac{1}{2}$ or 2 hours. It may be thickened with rice or barley, but oatmeal is preferable.

Time.— $1\frac{1}{2}$ or 2 hours. *Average cost*, 8d. each.

Sufficient for 3 persons.

Seasonable at any time.

SINGED SHEEP'S HEAD.—The village of Dudingston, which stands "within a mile of Edinburgh town," was formerly celebrated for this ancient and homely Scottish dish. In the summer months, many opulent citizens used to resort to this place to sojourn themselves over singed sheep's heads, boiled or baked. The sheep fed upon the neighbouring hills were slaughtered at this village, and the carcases were sent to town; but the heads were left to be consumed in the place. We are not aware whether the custom of eating sheep's heads at Dudingston is still kept up by the good folks of Edinburgh.

TOAD-IN-THE-HOLE (Cold Meat Cookery).

743. **INGREDIENTS.**—6 oz. of flour, 1 pint of milk, 3 eggs, butter, a few slices of cold mutton, pepper and salt to taste, 2 kidneys.

Mode.—Make a smooth batter of flour, milk, and eggs in the above proportion; butter a baking-dish, and pour in the batter. Into this place a few slices of cold mutton, previously well seasoned, and the kidneys, which should be cut into rather small pieces; bake about 1 hour, or rather longer, and send it to table in the dish it was baked in. Oysters or mushrooms may be substituted for the kidneys, and will be found exceedingly good.

Time.—Rather more than 1 hour.

Average cost, exclusive of the cold meat, 8d.

Seasonable at any time.

BREAST OF LAMB AND GREEN PEAS.

744. **INGREDIENTS.**—1 breast of lamb, a few slices of bacon, $\frac{1}{2}$ pint of stock, No. 105, 1 lemon, 1 onion, 1 bunch of savoury herbs; green peas.

Mode.—Remove the skin from a breast of lamb, put it into a saucepan of boiling water, and let it simmer for 5 minutes. Take it out and lay it in cold water. Line the bottom of a stewpan with a few thin slices of bacon; lay the lamb on these; peel the lemon, cut it into slices, and put these on the meat, to keep it white and make it tender; cover with 1 or 2 more slices of bacon; add the stock, onion, and herbs, and set it on a slow fire to simmer very gently until tender.

Have ready some green peas, put these on a dish, and place the lamb on the top of these. The appearance of this dish may be much improved by glazing the lamb, and spinach may be substituted for the peas when variety is desired.

Time.— $1\frac{1}{2}$ hour. *Average cost*, 10*d.* per lb.

Sufficient for 3 persons.

Seasonable, grass lamb, from Easter to Michaelmas.

THE LAMB AS A SACRIFICE.—The number of lambs consumed in sacrifices by the Hebrews must have been very considerable. Two lambs "of the first year" were appointed to be sacrificed daily for the morning and evening sacrifice; and a lamb served as a substitute for the first-born of unclean animals, such as the ass, which could not be accepted as an offering to the Lord. Every year, also, on the anniversary of the deliverance of the children of Israel from the bondage of Egypt, every family was ordered to sacrifice a lamb or kid, and to sprinkle some of its blood upon the door-posts, in commemoration of the judgment of God upon the Egyptians. It was to be eaten roasted, with unleavened bread and bitter herbs, in haste, with the loins girded, the shoes on the feet, and the staff in the hand; and whatever remained until the morning was to be burnt. The sheep was also used in the numerous special, individual, and national sacrifices ordered by the Jewish law. On extraordinary occasions, vast quantities of sheep were sacrificed at once; thus Solomon, on the completion of the temple, offered "sheep and oxen that could not be told nor numbered for multitude."

STEWED BREAST OF LAMB.

745. **INGREDIENTS.**—1 breast of lamb, pepper and salt to taste, sufficient stock, No. 105, to cover it, 1 glass of sherry, thickening of butter and flour.

Mode.—Skin the lamb, cut it into pieces, and season them with pepper and salt; lay these in a stewpan, pour in sufficient stock or gravy to cover them, and stew very gently until tender, which will be in about $1\frac{1}{2}$ hour. Just before serving, thicken the sauce with a little butter and flour; add the sherry, give one boil, and pour it over the meat. Green peas, or stewed mushrooms, may be strewed over the meat, and will be found a very great improvement.

Time.— $1\frac{1}{2}$ hour. *Average cost*, 10*d.* per lb.

Sufficient for 3 persons.

Seasonable, grass lamb, from Easter to Michaelmas.

LAMB CHOPS.

746. **INGREDIENTS.**—Loin of lamb, pepper and salt to taste.

Mode.—Trim off the flap from a fine loin of lamb, and cut it into chops about $\frac{1}{4}$ inch in thickness. Have ready a bright clear fire: lay the chops on a gridiron, and broil them of a nice pale brown, turning them when required. Season them with pepper and salt; serve very hot and quickly, and garnish with crisped parsley, or place them on mashed potatoes. Asparagus, spinach, or peas are the favourite accompaniments to lamb chops.

Time.—About 8 or 10 minutes. *Average cost*, 1s. per lb.

Sufficient.—Allow 2 chops to each person.

Seasonable from Easter to Michaelmas.

LAMB CUTLETS AND SPINACH (an Entree).

747. **INGREDIENTS.**—8 cutlets, egg and bread crumbs, salt and pepper to taste, a little clarified butter.

Mode.—Cut the cutlets from a neck of lamb, and shape them by cutting off the thick part of the chine-bone. Trim off most of the fat and all the skin, and scrape the top part of the bones quite clean. Brush the cutlets over with egg, sprinkle them with bread crumbs, and season with pepper and salt. Now dip them into clarified butter, sprinkle over a few more bread crumbs, and fry them over a sharp fire, turning them when required. Lay them before the fire to drain, and arrange them on a dish with spinach in the centre, which should be previously well boiled, drained, chopped, and seasoned.

Time.—About 7 or 8 minutes. *Average cost*, 10d. per lb.

Sufficient for 4 persons.

Seasonable from Easter to Michaelmas.

Note.—Peas, asparagus, or French beans, may be substituted for the spinach; or lamb cutlets may be served with stewed cucumbers, Soubise sauce, &c. &c.

LAMB'S FRY.

748. **INGREDIENTS.**—1 lb. of lamb's fry, 3 pints of water, egg and bread crumbs, 1 teaspoonful of chopped parsley, salt and pepper to taste.

Mode.—Boil the fry for $\frac{1}{4}$ hour in the above proportion of water, take it out and dry it in a cloth; grate some bread down finely, mix with it a teaspoonful of chopped parsley and a high seasoning of pepper and salt. Brush the fry lightly over with the yolk of an egg, sprinkle over the bread crumbs, and fry for 5 minutes. Serve very

hot on a napkin in a dish, and garnish with plenty of crisped parsley.

Time.— $\frac{1}{2}$ hour to simmer the fry, 5 minutes to fry it.

Average cost, 10*d.* per lb.

Sufficient for 2 or 3 persons.

Seasonable from Easter to Michaelmas.

HASHED LAMB AND BROILED BLADE-BONE.

749. **INGREDIENTS.**—The remains of a cold shoulder of lamb, pepper and salt to taste, 2 oz. of butter, about $\frac{1}{2}$ pint of stock or gravy, 1 table-spoonful of shalot vinegar, 3 or 4 pickled gherkins.

Mode.—Take the blade-bone from the shoulder, and cut the meat into collops as neatly as possible. Season the bone with pepper and salt, pour a little oiled butter over it, and place it in the oven to warm through. Put the stock into a stewpan, add the ketchup and shalot vinegar, and lay in the pieces of lamb. Let these heat gradually through, but do not allow them to boil. Take the blade-bone out of the oven, and place it on a gridiron over a sharp fire to brown. Slice the gherkins, put them into the hash, and dish it with the blade-bone in the centre. It may be garnished with croûtons or sippets of toasted bread.

Time.—Altogether $\frac{1}{2}$ hour. *Average cost*, exclusive of the meat, 4*d.*

Seasonable.—House lamb, from Christmas to March; grass lamb, from Easter to Michaelmas.

ROAST FORE-QUARTER OF LAMB.

750. **INGREDIENTS.**—Lamb, a little salt.

Mode.—To obtain the flavour of lamb in perfection, it should not be long kept; time to cool is all that it requires; and though the meat may be somewhat thready, the juices and flavour will be infinitely superior to that of lamb that has been killed 2 or 3 days. Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at a sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be very *thoroughly* done without being dried



FORE-QUARTER OF LAMB.

up, and not the slightest appearance of red gravy should be visible, as in roast mutton: this rule is applicable to all young white meats. Serve with a little gravy made in the dripping-pan, the same as for other roasts, and send to table with it a tureen of mint sauce, No. 469,

and a fresh salad. A cut lemon, a small piece of fresh butter, and a little cayenne, should also be placed on the table, so that when the carver separates the shoulder from the ribs, they may be ready for his use; if, however, he should not be very expert, we would recommend that the cook should divide these joints nicely before coming to table.

Time.—Fore-quarter of lamb weighing 10 lbs., $1\frac{3}{4}$ to 2 hours.

Average cost, 10d. to 1s. per lb. *Sufficient* for 7 or 8 persons.

Seasonable, grass lamb, from Easter to Michaelmas.

BOILED LEG OF LAMB A LA BECHAMEL.

751. *INGREDIENTS.*—Leg of lamb, Béchamel sauce, No. 367.

Mode.—Do not choose a very large joint, but one weighing about 5 lbs. Have ready a saucepan of boiling water, into which plunge the lamb, and when it boils up again, draw it to the side of the fire, and let the water cool a little. Then stew very gently for about $1\frac{1}{4}$ hour, reckoning from the time that the water begins to simmer. Make some Béchamel by recipe No. 367, dish the lamb, pour the sauce over it, and garnish with tufts of boiled cauliflower or carrots. When liked, melted butter may be substituted for the Béchamel: this is a more simple method, but not nearly so nice. Send to table with it some of the sauce in a tureen, and boiled cauliflowers or spinach, with whichever vegetable the dish is garnished.

Time.— $1\frac{1}{4}$ hour after the water simmers.

Average cost, 10d. to 1s. per lb. *Sufficient* for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

ROAST LEG OF LAMB.

752. *INGREDIENTS.*—Lamb, a little salt.

Mode.—Place the joint at a good distance from the fire at first, and baste well the whole time it is cooking. When nearly done, draw it nearer the fire to acquire a nice brown colour. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents; pour in a little boiling water, and strain this over the meat. Serve with mint sauce and a fresh salad, and for vegetables send peas, spinach, or cauliflowers to table with it.



LEG OF LAMB.

Time.—A leg of lamb weighing 5 lbs., $1\frac{1}{4}$ hour.

Average cost, 10d. to 1s. per lb. *Sufficient* for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

BRAISED LOIN OF LAMB.

753. **INGREDIENTS.**—1 loin of lamb, a few slices of bacon, 1 bunch of green onions, 5 or 6 young carrots, a bunch of savoury herbs, 2 blades of pounded mace, 1 pint of stock, salt to taste.

Mode.—Bone a loin of lamb, and line the bottom of a stewpan just capable of holding it, with a few thin slices of fat bacon; add the remaining ingredients, cover the meat with a few more slices of bacon, pour in the stock, and simmer very *gently* for 2 hours; take it up, dry it, strain and reduce the gravy to a glaze, with which glaze the meat, and serve it either on stewed peas, spinach, or stewed cucumbers.



LOIN OF LAMB.

Time.—2 hours. *Average cost*, 11*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

ROAST SADDLE OF LAMB.

754. **INGREDIENTS.**—Lamb; a little salt.

Mode.—This joint is now very much in vogue, and is generally considered a nice one for a small party. Have ready a clear brisk



SADDLE OF LAMB.



RIBS OF LAMB.

fire; put down the joint at a little distance, to prevent the fat from scorching, and keep it well basted all the time it is cooking. Serve with mint sauce and a fresh salad, and send to table with it, either peas, cauliflowers, or spinach.

Time.—A small saddle, 1½ hour; a large one, 2 hours.

Average cost, 10*d.* to 1*s.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from Easter to Michaelmas.

Note.—Loin and ribs of lamb are roasted in the same manner, and served with the same sauces as the above. A loin will take about 1½ hour; ribs, from 1 to 1½ hour.

ROAST SHOULDER OF LAMB.

755. **INGREDIENTS.**—Lamb; a little salt.

Mode.—Have ready a clear brisk fire, and put down the joint at a

sufficient distance from it, that the fat may not burn. Keep constantly basting until done, and serve with a little gravy made in the dripping-pan, and send mint sauce to table with it. Peas, spinach, or cauliflowers are the usual vegetables served with lamb, and also a fresh salad.

Time.—A shoulder of lamb rather more than 1 hour.

Average cost, 10*d.* to 1*s.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

SHOULDER OF LAMB STUFFED.

756. *INGREDIENTS.*—Shoulder of lamb, forcemeat No. 417, trimmings of veal or beef, 2 onions, $\frac{1}{2}$ head of celery, 1 faggot of savoury herbs, a few slices of fat bacon, 1 quart of stock No. 105.

Mode.—Take the blade-bone out of a shoulder of lamb, fill up its place with forcemeat, and sew it up with coarse thread. Put it into a stewpan with a few slices of bacon under and over the lamb, and add the remaining ingredients. Stew very gently for rather more than 2 hours. Reduce the gravy, with which glaze the meat, and serve with peas, stewed cucumbers, or sorrel sauce.

Time.—Rather more than 2 hours. *Average cost*, 10*d.* to 1*s.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

LAMB'S SWEETBREADS, LARDED, AND ASPARAGUS (an Entree).

757. *INGREDIENTS.*—2 or 3 sweetbreads, $\frac{1}{2}$ pint of veal stock, white pepper and salt to taste, a small bunch of green onions, 1 blade of pounded mace, thickening of butter and flour, 2 eggs, nearly $\frac{1}{2}$ pint of cream, 1 teaspoonful of minced parsley, a very little grated nutmeg.

Mode.—Soak the sweetbreads in lukewarm water, and put them into a saucepan with sufficient boiling water to cover them, and let them simmer for 10 minutes; then take them out and put them into cold water. Now lard them, lay them in a stewpan, add the stock, seasoning, onions, mace, and a thickening of butter and flour, and stew gently for $\frac{1}{4}$ hour or 20 minutes. Beat up the egg with the cream, to which add the minced parsley and a very little grated nutmeg. Put this to the other ingredients; stir it well till quite hot, but do not let it boil after the cream is added, or it will curdle. Have ready some asparagus-tops, boiled; add these to the sweetbreads, and serve.

Time.—Altogether $\frac{1}{4}$ hour. *Average cost*, 2*s.* 6*d.* to 3*s.* 6*d.* each.

Sufficient—3 sweetbreads for 1 entrée.

Seasonable from Easter to Michaelmas.

ANOTHER WAY TO DRESS SWEETBREADS (an Entree).

758. **INGREDIENTS.**—Sweetbreads, egg and bread crumbs, $\frac{1}{2}$ pint of gravy, No. 442, $\frac{1}{2}$ glass of sherry.

Mode.—Soak the sweetbreads in water for an hour, and throw them into boiling water to render them firm. Let them stew gently for about $\frac{1}{2}$ hour, take them out and put them into a cloth to drain all the water from them. Brush them over with egg, sprinkle them with bread crumbs, and either brown them in the oven or before the fire. Have ready the above quantity of gravy, to which add $\frac{1}{2}$ glass of sherry; dish the sweetbreads, pour the gravy under them, and garnish with water-cresses.

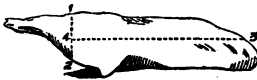
Time.—Rather more than $\frac{1}{2}$ hour. *Average cost*, 2s. 6d. to 3s. 6d. each.

Sufficient—3 sweetbreads for 1 entrée.

Seasonable from Easter to Michaelmas.

MUTTON AND LAMB CARVING.**HAUNCH OF MUTTON.**

759. A deep cut should, in the first place, be made quite down to the bone, across the knuckle-end of the joint, along the line 1 to 2. This will let the gravy escape; and then it should be carved, in not too thick slices, along the whole length



HAUNCH OF MUTTON.

of the haunch, in the direction of the line from 4 to 3.

LEG OF MUTTON.

760. This homely, but capital English joint, is almost invariably served at table as shown in the engraving. The carving of it is not very difficult: the knife should be carried sharply down in the direction of the line from 1 to 2, and slices taken from either side, as the guests may desire, some liking the knuckle-end, as well done, and others preferring the more underdone part. The fat should be sought near the line 3 to 4. Some connoisseurs are



LEG OF MUTTON.

fond of having this joint dished with the under-side uppermost, so as to get at the finely-grained meat lying under that part of the meat,

known as the Pope's eye; but this is an extravagant fashion, and one that will hardly find favour in the eyes of many economical British housewives and housekeepers.

LOIN OF MUTTON.

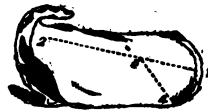
761. There is one point in connection with carving a loin of mutton which includes every other; that is, that the joint should be thoroughly well-jointed by the butcher before it is cooked. This knack of jointing requires practice and the proper tools; and no one but the butcher is supposed to have these. If the bones be not well jointed, the carving of a loin of mutton is not a gracious business; whereas, if that has been attended to, it is an easy and untroublesome task. The knife should be inserted at fig. 1, and after feeling your way between the bones, it should be carried sharply in the direction of the line 1 to 2. As there are some people who prefer the outside cut, while others do not like it, the question as to their choice of this should be asked.



LOIN OF MUTTON.

SADDLE OF MUTTON.

762. Although we have heard, at various intervals, growlings expressed at the inevitable "saddle of mutton" at the dinner-parties of our middle classes, yet we doubt whether any other joint is better liked, when it has been well hung and artistically cooked. There is a diversity of opinion respecting the mode of sending this joint to table; but it has only reference to whether or no there shall be any portion of the tail, or, if so, how many joints of the tail. We ourselves prefer the mode as shown in our coloured illustration "O;" but others may, upon equally good grounds, like the way shown in the engraving on this page. Some trim the tail with a paper frill. The carving is not difficult: it is usually cut in the direction of the line from 2 to 1, quite down to the bones, in evenly-sliced pieces. A fashion, however, patronized by some, is to carve it obliquely, in the direction of the line from 4 to 3; in which case the joint would be turned round the other way, having the tail end on the right of the carver.



SADDLE OF MUTTON.

SHOULDER OF MUTTON.

763. This is a joint not difficult to carve. The knife should be

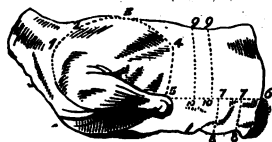
drawn from the outer edge of the shoulder in the direction of the line from 1 to 2, until the bone of the shoulder is reached. As many slices as can be carved in this manner should be taken, and afterwards the meat lying on either side of the blade-bone should be served, by carving in the direction of 3 to 4 and 3 to 4. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer this under-side of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side.



SHOULDER OF MUTTON.

FORE-QUARTER OF LAMB.

764. We always think that a good and practised carver delights in the manipulation of this joint, for there is a little field for his judgment and dexterity which does not always occur. The separation of the shoulder from the breast is the first point to be attended to; this is done by passing the knife lightly round the dotted line, as shown by the figures 1, 2, 3, 4, and 5, so as to cut through the skin, and then, by raising with a



FORE-QUARTER OF LAMB.

little force the shoulder, into which the fork should be firmly fixed, it will come away with just a little more exercise of the knife. In dividing the shoulder and breast, the carver should take care not to cut away too much of the meat from the latter, as that would rather spoil its appearance when the shoulder is removed. The breast and shoulder being separated, it is usual to lay a small piece of butter, and sprinkle a little cayenne, lemon-juice, and salt between them; and when this is melted and incorporated with the meat and gravy, the shoulder may, as more convenient, be removed into another dish. The next operation is to separate the ribs from the brisket, by cutting through the meat on the line 5 to 6. The joint is then ready to be served to the guests; the ribs being carved in the direction of the lines from 9 to 10, and the brisket from 7 to 8. The carver should ask those at the table what parts they prefer—ribs, brisket, or a piece of the shoulder.

LEG OF LAMB, LOIN OF LAMB, SADDLE OF LAMB, SHOULDER OF LAMB,

are carved in the same manner as the corresponding joints of Mutton. (See Nos. 760, 761, 762, 763.)



CHAPTER XVI.

GENERAL OBSERVATIONS ON THE COMMON HOG.

765. THE HOG belongs to the order *Mammalia*, the genus *Sus scrofa*, and the species *Pachydermota*, or thick-skinned; and its generic characters are, a small head, with long flexible snout truncated; 42 teeth, divided into 4 upper incisors, converging, 6 lower incisors, projecting, 2 upper and 2 lower canine, or tusks,—the former short, the latter projecting, formidable, and sharp, and 14 molars in each jaw; cloven feet furnished with 4 toes, and tail, small, short, and twisted; while, in some varieties, this appendage is altogether wanting.

766. FROM THE NUMBER AND POSITION OF THE TEETH, physiologists are enabled to define the nature and functions of the animal; and from those of the *Sus*, or hog, it is evident that he is as much a *grinder* as a *biter*, or can live as well on vegetable as on animal food; though a mixture of both is plainly indicated as the character of food most conducive to the integrity and health of its physical system.

767. THUS THE PIG TRIBE, though not a ruminating mammal, as might be inferred from the number of its molar teeth, is yet a link between the *herbivorous* and the *carnivorous* tribes, and is consequently what is known as an *omnivorous* quadruped; or, in other words, capable of converting any kind of aliment into nutriment.

768. **THOUGH THE HOOF IN THE HOG** is, as a general rule, cloven, there are several remarkable exceptions, as in the species native to Norway, Illyria, Sardinia, and formerly to the Berkshire variety of the British domesticated pig, in which the hoof is entire and unclift.

769. **WHATEVER DIFFERENCE IN ITS PHYSICAL NATURE**, climate and soil may produce in this animal, his functional characteristics are the same in whatever part of the world he may be found; and whether in the trackless forests of South America, the coral isles of Polynesia, the jungles of India, or the spicy brakes of Sumatra, he is everywhere known for his gluttony, laziness, and indifference to the character and quality of his food. And though he occasionally shows an epicure's relish for a succulent plant or a luscious carrot, which he will discuss with all his salivary organs keenly excited, he will, the next moment, turn with equal gusto to some carrion offal that might excite the forbearance of the unscrupulous cormorant. It is this coarse and repulsive mode of feeding that has, in every country and language, obtained for him the opprobrium of being "an unclean animal."

770. **IN THE MOSAICAL LAW**, the pig is condemned as an unclean beast, and consequently interdicted to the Israelites, as unfit for human food. "And the swine, though he divideth the hoof and be cloven-footed, yet he cheweth not the cud. He is unclean to you."—Lev. xi. 7. Strict, however, as the law was respecting the cud-chewing and hoof-divided animals, the Jews, with their usual perversity and violation of the divine commands, seem afterwards to have ignored the prohibition; for, unless they ate pork, it is difficult to conceive for what purpose they kept droves of swine, as from the circumstance recorded in Matthew xviii. 32, when Jesus was in Galilee, and the devils, cast out of the two men, were permitted to enter the herd of swine that were feeding on the hills in the neighbourhood of the Sea of Tiberias, it is very evident they did. There is only one interpretation by which we can account for a prohibition that debarred the Jews from so many foods which we regard as nutritious luxuries, that, being fat and the texture more hard of digestion than other meats, they were likely, in a hot dry climate, where vigorous exercise could seldom be taken, to produce disease, and especially cutaneous affections; indeed, in this light, as a code of sanitary ethics, the book of Leviticus is the most admirable system of moral government ever conceived for man's benefit.

771. **SETTING HIS COARSE FEEDING AND SLOVENLY HABITS OUT OF THE QUESTION**, there is no domestic animal so profitable or so useful to man as the much-maligned pig, or any that yields him a more varied or more luxurious repast. The prolific powers of the pig are extraordinary, even under the restraint of domestication; but when left to run wild in favourable situations, as in the islands of the South Pacific, the result, in a few years, from two animals put on shore and left undisturbed, is truly surprising; for they breed so fast, and have such numerous litters, that unless killed off in

vast numbers both for the use of the inhabitants and as fresh provisions for ships' crews, they would degenerate into vermin. In this country the pig has usually two litters, or farrows, in a year, the breeding seasons being April and October; and the period the female goes with her young is about four months,—16 weeks or 122 days. The number produced at each litter depends upon the character of the breed; 12 being the average number in the small variety, and 10 in the large; in the mixed breeds, however, the average is between 10 and 15, and in some instances has reached as many as 20. But however few, or however many, young pigs there may be to the farrow, there is always one who is the dwarf of the family circle, a poor, little, shrivelled, half-starved anatomy, with a small melancholy voice, a staggering gait, a woe-begone countenance, and a thread of a tail, whose existence the complacent mother ignores, his plethoric brothers and sisters repudiate, and for whose emaciated jaws there is never a spare or supplemental teat, till one of the favoured gormandizers, overtaken by momentary oblivion, drops the lacteal fountain, and gives the little squeaking struggler the chance of a momentary mouthful. This miserable little object, which may be seen bringing up the rear of every litter, is called the Tony pig, or the *Anthony*; so named, it is presumed, from being the one always assigned to the Church, when tithe was taken in kind; and as St. Anthony was the patron of husbandry, his name was given in a sort of bitter derision to the starveling that constituted his dues; for whether there are ten or fifteen farrows to the litter, the Anthony is always the last of the family to come into the world.

772. FROM THE GROSSNESS OF HIS FEEDING, the large amount of aliment he consumes, his gluttonous way of eating it, from his slothful habits, laziness, and indulgence in sleep, the pig is particularly liable to disease, and especially indigestion, heartburn, and affections of the skin.

773. TO COUNTERACT THE CONSEQUENCE OF A VIOLATION OF THE PHYSICAL LAWS, a powerful monitor in the brain of the pig teaches him to seek for relief and medicine. To open the pores of his skin, blocked up with mud, and excite perspiration, he resorts to a tree, a stump, or his trough—anything rough and angular, and using it as a curry-comb to his body, obtains the luxury of a scratch and the benefit of cuticular evaporation; he next proceeds with his long supple snout to grub up antiscorbutic roots, cooling salads of mallow and dandelion, and, greatest treat of all, he stumbles on a piece of chalk or a mouthful of delicious cinder, which, he knows by instinct, is the most sovereign remedy in the world for that hot, unpleasant sensation he has had all the morning at his stomach.

774. IT IS A REMARKABLE FACT that, though every one who keeps a pig knows how prone he is to disease, how that disease injures the quality of the meat, and how eagerly he pounces on a bit of coal or cinder, or any coarse dry substance that will adulterate the rich food on which he lives, and by

affording soda to his system, correct the vitiated fluids of his body,—yet very few have the judgment to act on what they see, and by supplying the pig with a few shovelfuls of cinders in his sty, save the necessity of his rooting for what is so needful to his health. Instead of this, however, and without supplying the animal with what its instinct craves for, his nostril is bored with a red-hot iron, and a ring clinched in his nose to prevent rooting for what he feels to be absolutely necessary for his health; and ignoring the fact that, in a domestic state at least, the pig lives on the richest of all food,—scraps of cooked animal substances, boiled vegetables, bread, and other items, given in that concentrated essence of aliment for a quadruped called wash, and that he eats to repletion, takes no exercise, and finally sleeps all the twenty-four hours he is not eating, and then, when the animal at last seeks for those medicinal aids which would obviate the evil of such a forcing diet, his keeper, instead of meeting his animal instinct by human reason, and giving him what he seeks, has the inhumanity to torture him by a ring, that, keeping up a perpetual “raw” in the pig’s snout, prevents his digging for those corrective drugs which would remove the evils of his artificial existence.

775. THOUGH SUBJECT TO SO MANY DISEASES, no domestic animal is more easily kept in health, cleanliness, and comfort, and this without the necessity of “ringing,” or any excessive desire of the hog to roam, break through his sty, or plough up his pound. Whatever the kind of food may be on which the pig is being fed or fattened, a teaspoonful or more of salt should always be given in his mess of food, and a little heap of well-burnt cinders, with occasional bits of chalk, should always be kept by the side of his trough, as well as a vessel of clean water; his pound, or the front part of his sty, should be totally free from straw, the brick flooring being every day swept out and sprinkled with a layer of sand. His lair, or sleeping apartment, should be well sheltered by roof and sides from cold, wet, and all changes of weather, and the bed made up of a good supply of clean straw, sufficiently deep to enable the pig to burrow his unprotected body beneath it. All the refuse of the garden, in the shape of roots, leaves, and stalks, should be placed in a corner of his pound or feeding-chamber, for the delectation of his leisure moments; and once a week, on the family washing-day, a pail of warm soap-suds should be taken into his sty, and, by means of a scrubbing-brush and soap, his back, shoulders, and flanks should be well cleaned, a pail of clean warm water being thrown over his body at the conclusion, before he is allowed to retreat to his clean straw to dry himself. By this means, the excessive nutrition of his aliment will be corrected, a more perfect digestion insured, and, by opening the pores of the skin, a more vigorous state of health acquired than could have been obtained under any other system.

776. WE HAVE ALREADY SAID that no other animal yields man so many kinds and varieties of luxurious food as is supplied to him by the flesh of the hog differently prepared; for almost every part of the animal, either fresh,

salted, or dried, is used for food ; and even those viscera not so employed are of the utmost utility in a domestic point of view.

777. **THOUGH DESTITUTE OF THE HIDE, HORNS, AND HOOFS**, constituting the offal of most domestic animals, the pig is not behind the other mammalia in its usefulness to man. Its skin, especially that of the boar, from its extreme closeness of texture, when tanned, is employed for the seats of saddles, to cover powder, shot, and drinking-flasks ; and the hair, according to its colour, flexibility, and stubbornness, is manufactured into tooth, nail, and hair-brushes,—others into hats, clothes, and shoe-brushes ; while the longer and finer qualities are made into long and short brooms and painters' brushes ; and a still more rigid description, under the name of "bristles," are used by the shoemaker as needles for the passage of his wax-end. Besides so many benefits and useful services conferred on man by this valuable animal, his fat, in a commercial sense, is quite as important as his flesh, and brings a price equal to the best joints in the carcass. This fat is rendered, or melted out of the caul, or membrane in which it is contained, by boiling water, and, while liquid, run into prepared bladders, when, under the name of *lard*, it becomes an article of extensive trade and value.

778. **OF THE NUMEROUS VARIETIES OF THE DOMESTICATED HOG**, the following list of breeds may be accepted as the best, presenting severally all those qualities aimed at in the rearing of domestic stock, as affecting both the breeder and the consumer. *Native*—Berkshire, Essex, York, and Cumberland ; *Foreign*—the Chinese. Before, however, proceeding with the consideration of the different orders, in the series we have placed them, it will be necessary to make a few remarks relative to the pig generally. In the first place, the *Black Pig* is regarded by breeders as the best and most eligible animal, not only from the fineness and delicacy of the skin, but because it is less affected by the heat in summer, and far less subject to cuticular disease than either the white or brindled hog, but more particularly from its kindlier nature and greater aptitude to fatten.

779. **THE GREAT QUALITY FIRST SOUGHT FOR IN A HOG** is a capacious stomach, and next, a healthy power of digestion ; for the greater the quantity he can eat, and the more rapidly he can digest what he has eaten, the more quickly will he fatten ; and the faster he can be made to increase in flesh, without a material increase of bone, the better is the breed considered, and the more valuable the animal. In the usual order of nature, the development of flesh and enlargement of bone proceed together ; but here the object is to outstrip the growth of the bones by the quicker development of their fleshy covering.

780. **THE CHIEF POINTS SOUGHT FOR IN THE CHOICE OF A HOG** are breadth of chest, depth of carcass, width of loin, chine, and ribs, compactness of form, docility, cheerfulness, and general beauty of appearance. The head

in a well-bred hog must not be too long, the forehead narrow and convex, cheeks full, snout fine, mouth small, eyes small and quick, ears short, thin, and sharp, pendulous, and pointing forwards; neck full and broad, particularly on the top, where it should join very broad shoulders; the ribs, loin, and haunch should be in a uniform line, and the tail well set, neither too high nor too low; at the same time the back is to be straight or slightly curved, the chest deep, broad, and prominent, the legs short and thick; the belly, when well fattened, should nearly touch the ground, the hair be long, thin, fine, and having few bristles, and whatever the colour, uniform, either white, black, or blue; but not spotted, speckled, brindled, or sandy. Such are the features and requisites that, among breeders and judges, constitute the *beau idéal* of a perfect pig.

781. THE BERKSHIRE PIG IS THE BEST KNOWN AND MOST ESTEEMED OF all our English domestic breeds, and so highly is it regarded, that even the



BERKSHIRE SOW.

varieties of the stock are in as great estimation as the parent breed itself. The characteristics of the Berkshire hog are that it has a tawny colour, spotted with black, large ears hanging over the eyes, a thick, close, and well-made body, legs short and small in the bone; feeds up to a great weight, fattens quickly, and is good either for pork or bacon. The New or Improved Berkshire possesses all the above qualities, but is infinitely more prone to fatten, while the objectionable colour has been entirely done away with, being now either all white or completely black.

782. NEXT TO THE FORMER, THE ESSEX takes place in public estimation, always competing, and often successfully, with the Berkshire. The peculiar characters of the Essex breed are that it is tip-eared, has a long sharp head, is roach-backed, with a long flat body, standing high on the legs; is rather bare

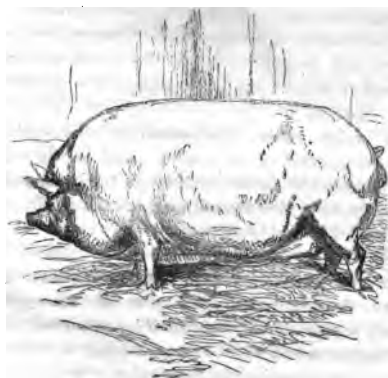
of hair, is a quick feeder, has an enormous capacity of stomach and belly, and an appetite to match its receiving capability. Its colour is white, or else black



ESSEX SOW.

and white, and it has a restless habit and an unquiet disposition. The present valuable stock has sprung from a cross between the common native animal and either the White Chinese or Black Neapolitan breeds.

783. THE YORKSHIRE, ~~called also the Old Lancashire~~, was at one time the largest stock of the pig family in England, and perhaps, at that time, the



YORKSHIRE SOW.

worst. It was long-legged, weak in the loins, with coarse white curly hair, and flabby flesh. Now, however, it has undergone as great a change as any breed

in the kingdom, and by judicious crossing has become the most valuable we possess, being a very well-formed pig throughout, with a good head, a pleasant docile countenance, with moderate-sized drooping ears, a broad back, slightly curved, large chine and loins, with deep sides, full chest, and well covered with long thickly-set white hairs. Besides these qualities of form, he is a quick grower, feeds fast, and will easily make from 20 to 25 stone before completing his first year. The quality of the meat is also uncommonly good, the fat and lean being laid on in almost equal proportions. So capable is this species of development, both in flesh and stature, that examples of the Yorkshire breed have been exhibited weighing as much as a Scotch ox.

784. THOUGH ALMOST EVERY COUNTY IN ENGLAND can boast some local variety or other of this useful animal, obtained from the native stock by crossing



CUMBERLAND SOW.

with some of the foreign kinds, Cumberland and the north-west parts of the kingdom have been celebrated for a small breed of white pigs, with a thick, compact, and well-made body, short in the legs, the head and back well formed, ears slouching and a little downwards, and on the whole, a hardy, profitable animal, and one well disposed to fatten.

785. THERE IS NO VARIETY OF THIS USEFUL ANIMAL that presents such peculiar features as the species known to us as the Chinese pig; and as it is the general belief that to this animal and the Neapolitan hog we are indebted for that remarkable improvement which has taken place in the breeds of the English pig, it is necessary to be minute in the description of this, in all respects, singular animal. The Chinese, in the first place, consists of many varieties, and presents as many forms of body as differences of colour; the best kind, however, has a beautiful white skin of singular thinness and delicacy; the hair too is perfectly white, and thinly set over the body, with here and there a few

bristles. He has a broad snout, short head, eyes bright and fiery, very small fine pink ears, wide cheeks, high chine, with a neck of such immense thick-



CHINESE SOW.

ness, that when the animal is fat it looks like an elongated carcass,—a mass of fat, without shape or form, like a feather pillow. The belly is dependent, and almost trailing on the ground, the legs very short, and the tail so small as to be little more than a rudiment. It has a ravenous appetite, and will eat anything that the wonderful assimilating powers of its stomach can digest; and to that capability, there seems no limit in the whole range of animal or vegetable nature. The consequence of this perfect and singularly rapid digestion is an unprecedented proneness to obesity, a process of fattening that, once commenced, goes on with such rapid development, that, in a short time, it loses all form, depositing such an amount of fat, that it in fact ceases to have any refuse part or offal, and, beyond the hair on its back and the callous extremity of the snout, *the whole carcass is eatable.*

786. WHEN JUDICIOUSLY FED ON VEGETABLE DIET, and this obese tendency checked, the flesh of the Chinese pig is extremely delicate and delicious; but when left to gorge almost exclusively on animal food, it becomes oily, coarse, and unpleasant. Perhaps there is no other instance in nature where the effect of rapid and perfect digestion is so well shown as in this animal, which thrives on *everything*, and turns to the benefit of its physical economy, food of the most *opposite nature*, and of the most unwholesome and *offensive* character. When fully fattened, the thin cuticle, that is one of its characteristics, cracks, from the adipose distension beneath, exposing the fatty mass, which discharges a liquid oil from the adjacent tissues. The great fault in this breed is the remarkably small quantity of lean laid down, to the immense proportion of fat. Some idea of the growth of this species may be inferred from the fact of their attaining to 18 stone before two years, and when further advanced, as much

as 40 stone. In its pure state, except for roasters, the Chinese pig is too disproportionate for the English market ; but when crossed with some of our lean stock, the breed becomes almost invaluable.

787. THE WILD BOAR is a much more cleanly and sagacious animal than the domesticated hog ; he is longer in the snout, has his ears shorter and his tusks considerably longer, very frequently measuring as much as 10 inches.



WESTPHALIAN BOAR.

They are extremely sharp, and are bent in an upward circle. Unlike his domestic brother, who roots up here and there, or wherever his fancy takes, the wild boar ploughs the ground in continuous lines or furrows. The boar, when selected as the parent of a stock, should have a small head, be deep and broad in the chest ; the chine should be arched, the ribs and barrel well rounded, with the haunches falling full down nearly to the hock ; and he should always be more compact and smaller than the female. The colour of the wild boar is always of a uniform hue, and generally of an iron grey ; shading off into a black. The hair of the boar is of considerable length, especially about the head and mane ; he stands, in general, from 20 to 30 inches in height at the shoulders, though instances have occurred where he has reached 42 inches. The young are of a pale yellowish tint, irregularly brindled with light brown. The boar of Germany is a large and formidable animal, and the hunting of him, with a small species of mastiff, is still a national sport. From living almost exclusively on acorns and nuts, his flesh is held in great esteem, and in Westphalia his legs are made into hams by a process which, it is said, enhances the flavour and quality of the meat in a remarkable degree.

788. THERE ARE TWO POINTS to be taken into consideration by all breeders of pigs—to what ultimate use is the flesh to be put ; for, if meant to be eaten

fresh, or simply salted; the *small* breed of pigs is best suited for the purpose; if for hams or bacon, the large variety of the animal is necessary. Pigs are usually weaned between six and eight weeks after birth, after which they are fed on soft food, such as mashed potatoes in skimmed or butter-milk. The general period at which the small hogs are killed for the market is from 12 to 16 weeks; from 4 to 5 months, they are called store pigs, and are turned out to graze till the animal has acquired its full stature. As soon as this point has been reached, the pig should be forced to maturity as quickly as possible; he should therefore be taken from the fields and farm-yard, and shut up on boiled potatoes, buttermilk, and peas-meal, after a time to be followed by grains, oil-cake, wash, barley, and Indian meal; supplying his sty at the same time with plenty of water, cinders, and a quantity of salt in every mess of food presented to him.

789. THE ESTIMATED NUMBER OF PIGS IN GREAT BRITAIN is supposed to exceed 20 millions; and, considering the third of the number as worth £2 apiece, and the remaining two-thirds as of the relative value of 10s. each, would give a marketable estimate of over £20,000,000 for this animal alone.

790. THE BEST AND MOST HUMANE MODE OF KILLING ALL LARGE HOGS is to strike them down like a bullock, with the pointed end of a poleaxe, on the forehead, which has the effect of killing the animal at once; all the butcher has then to do, is to open the aorta and great arteries, and laying the animal's neck over a trough, let out the blood as quickly as possible. The carcass is then to be scalded, either on a board or by immersion in a tub of very hot water, and all the hair and dirt rapidly scraped off, till the skin is made perfectly white, when it is hung up, opened, and dressed, as it is called, in the usual way. It is then allowed to cool, a sheet being thrown around the carcass, to prevent the air from discolouring the newly-cleaned skin. When meant for bacon, the hair is singed instead of being scalded off.

791. IN THE COUNTRY, where for ordinary consumption the pork killed for sale is usually both larger and fatter than that supplied to the London consumer, it is customary to remove the skin and fat down to the lean, and, salting that, roast what remains of the joint. Pork goes further, and is consequently a more economical food than other meats, simply because the texture is closer, and there is less waste in the cooking, either in roasting or boiling.

792. IN FRESH PORK, the leg is the most economical family joint, and the loin the richest.

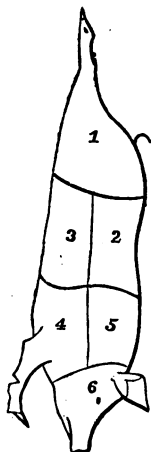
793. COMPARATIVELY SPEAKING, very little difference exists between the weight of the live and dead pig, and this, simply because there is neither the head nor the hide to be removed. It has been proved that pork loses in cooking $13\frac{1}{2}$ per cent. of its weight. A salted ham weighing 4 lbs. 5 oz. lost in the cooking 11 oz.; after cooking, the meat weighing only 3 lbs. 1 oz., and the

bone 9 oz. The original cost was $7\frac{1}{2}d.$ a pound ; but by this deduction, the cost rose to $9d.$ per pound with the bone, and $10\frac{1}{2}d.$ without it.

794. PORK, TO BE PRESERVED, is cured in several ways,—either by covering it with salt, or immersing it in ready-made brine, where it is kept till required ; or it is only partially salted, and then hung up to dry, when the meat is called white bacon ; or, after salting, it is hung in wood smoke till the flesh is impregnated with the aroma from the wood. The Wiltshire bacon, which is regarded as the finest in the kingdom, is prepared by laying the sides of a hog in large wooden troughs, and then rubbing into the flesh quantities of powdered bay-salt, made hot in a frying-pan. This process is repeated for four days ; they are then left for three weeks, merely turning the flitches every other day. After that time they are hung up to dry. The hogs usually killed for purposes of bacon in England average from 18 to 20 stone ; on the other hand, the hogs killed in the country for farm-house purposes, seldom weigh less than 26 stone. The legs of boars, hogs, and, in Germany, those of bears, are prepared differently, and called hams.

795. THE PRACTICE IN VOGUE FORMERLY in this country was to cut out the hams and cure them separately ; then to remove the ribs, which were roasted as “spare-ribs,” and, curing the remainder of the side, call it a “gammon of bacon.”

Small pork to cut for table in joints, is cut up, in most places throughout the kingdom, as represented in the engraving. The side is divided with nine ribs to the fore quarter ; and the following is an enumeration of the joints in the two respective quarters:—



SIDE OF A PIG,
SHOWING THE
SEVERAL JOINTS.

HIND QUARTER	{	1. The leg.
		2. The loin.
		3. The spring, or belly.
FORE QUARTER	{	4. The hand.
		5. The fore-loin.
		6. The cheek.

The weight of the several joints of a good pork pig of four stone may be as follows ; viz. :—

The leg	8 lbs.
The loin and spring	7 „
The hand	6 „
The chine	7 „
The cheek	from 2 to 3 „

Of a bacon pig, the legs are reserved for curing, and when cured are called hams : when the meat is separated from the shoulder-blade and bones and cured, it is called bacon. The bones, with part of the meat left on them, are divided into spare-ribs, griskins, and chines.

RECIPES.

CHAPTER XVII.

PORK CUTLETS (Cold Meat Cookery).

796. **INGREDIENTS.**—The remains of cold roast loin of pork, 1 oz. of butter, 2 onions, 1 dessertspoonful of flour, $\frac{1}{2}$ pint of gravy, pepper and salt to taste, 1 teaspoonful of vinegar and mustard.

Mode.—Cut the pork into nice-sized cutlets, trim off most of the fat, and chop the onions. Put the butter into a stewpan, lay in the cutlets and chopped onions, and fry a light brown; then add the remaining ingredients, simmer gently for 5 or 7 minutes, and serve.

Time.—5 to 7 minutes. *Average cost*, exclusive of the meat, 4d.

Seasonable from October to March.

AUSTRIAN METHOD OF HERDING PIGS.—In the Austrian empire there are great numbers of wild swine, while, among the wandering tribes peopling the interior of Hungary, and spreading over the vast steppes of that country, droves of swine form a great portion of the wealth of the people, who chiefly live on a coarse bread and wind-dried bacon.

In German Switzerland, the Tyrol, and other mountainous districts of continental Europe, though the inhabitants, almost everywhere, as in England, keep one or more pigs, they are at little or no trouble in feeding them, one or more men being employed by one or several villages as swine-herds; who, at a certain hour, every morning, call for the pig or pigs, and driving them to their feeding-grounds on the mountain-side and in the wood, take custody of the herd till, on the approach of night, they are collected into a compact body and driven home for a night's repose in their several sties.

The amount of intelligence and docility displayed by the pigs in these mountain regions, is much more considerable than that usually allowed to this animal, and the manner in which these immense herds of swine are collected, and again distributed, without an accident or mistake, is a sight both curious and interesting; for it is all done without the assistance of a dog, or the aid even of the human voice, and solely by the crack of the long-lashed and heavily-loaded whip, which the swine-herd carries, and cracks much after the fashion of the French postilion; and which, though he frequently cracks, waking a hundred sharp echoes from the woods and rocks, he seldom has to use correctionally; the animal soon acquiring a thorough knowledge of the meaning of each crack; and once having felt its leaved thong, a lasting remembrance of its power. At early dawn, the swine-herd takes his stand at the outskirts of the first village, and begins flourishing through the misty air his immensely long lash, keeping a sort of rude time with the crack, crack, crack, crack, crack, crack of his whip. The nearest pigs, hearing the well-remembered sound, rouse from their straw, and rush from their sties into the road, followed by all their litters. As soon as a sufficient number are collected, the drove is set in motion, receiving, right and left, as they advance, fresh numbers; whole communities, or solitary individuals, streaming in from all quarters, and taking their place, without distinction, in the general herd; and, as if conscious where their breakfast lay, without wasting a moment on idle investigation, all eagerly push on to the mountains. In this manner village after village is collected, till the drove not unfrequently consists of several thousands. The feeding-ground has, of course, often to be changed, and the drove have sometimes to be driven many miles, and to a considerable height up the mountain, before the whip gives the signal for the dispersion of the

body and the order to feed, when the herdsman proceeds to form himself a shelter, and look after his own comfort for the rest of the day. As soon as twilight sets in, the whip is again heard echoing the signal for muster; and in the same order in which they were collected, the swine are driven back, each group tailing off to its respective sty, as the herd approaches the villages, till the last grunter, having found his home, the drover seeks his cottage and repose.

PORK CUTLETS OR CHOPS.

I.

797. **INGREDIENTS.**—Loin of pork, pepper and salt to taste.

Mode.—Cut the cutlets from a delicate loin of pork, bone and trim them neatly, and cut away the greater portion of the fat. Season them with pepper; place the gridiron on the fire; when quite hot, lay on the chops and broil them for about $\frac{1}{2}$ hour, turning them 3 or 4 times; and be particular that they are *thoroughly* done, but not dry. Dish them, sprinkle over a little fine salt, and serve plain, or with tomato sauce, sauce piquante, or pickled gherkins, a few of which should be laid round the dish as a garnish.

Time.—About $\frac{1}{2}$ hour. *Average cost*, 10*d.* per lb. for chops.

Sufficient.—Allow 6 for 4 persons.

Seasonable from October to March.

II.

(*Another Way.*)

798. **INGREDIENTS.**—Loin, or fore-loin, of pork, egg and bread crumbs, salt and pepper to taste; to every tablespoonful of bread crumbs allow $\frac{1}{2}$ teaspoonful of minced sage; clarified butter.

Mode.—Cut the cutlets from a loin, or fore-loin, of pork; trim them the same as mutton cutlets, and scrape the top part of the bone. Brush them over with egg, sprinkle with bread crumbs, with which have been mixed minced sage and a seasoning of pepper and salt; drop a little clarified butter on them, and press the crumbs well down. Put the frying-pan on the fire, put in some lard; when this is hot, lay in the cutlets, and fry them a light brown on both sides. Take them out, put them before the fire to dry the greasy moisture from them, and dish them on mashed potatoes. Serve with them any sauce that may be preferred; such as tomato sauce, sauce piquante, sauce Robert, or pickled gherkins.

Time.—From 15 to 20 minutes. *Average cost*, 10*d.* per lb. for chops.

Sufficient.—Allow 6 cutlets for 4 persons.

Seasonable from October to March.

Note.—The remains of roast loin of pork may be dressed in the same manner.

PORK CHEESE (an Excellent Breakfast Dish).

799. **INGREDIENTS.**—2 lbs. of cold roast pork, pepper and salt to taste, 1 dessertspoonful of minced parsley, 4 leaves of sage, a very small bunch of savoury herbs, 2 blades of pounded mace, a little nutmeg, $\frac{1}{2}$ teaspoonful of minced lemon-peel; good strong gravy, sufficient to fill the mould.

Mode.—Cut, but do not chop, the pork into fine pieces, and allow $\frac{1}{2}$ lb. of fat to each pound of lean. Season with pepper and salt; pound well the spices, and chop finely the parsley, sage, herbs, and lemon-peel, and mix the whole nicely together. Put it into a mould, fill up with good strong well-flavoured gravy, and bake rather more than one hour. When cold, turn it out of the mould.

Time.—Rather more than 1 hour.

Seasonable from October to March.

ROAST LEG OF PORK.

800. **INGREDIENTS.**—Leg of pork, a little oil for stuffing. (*See* Recipe No. 504.)

Mode.—Choose a small leg of pork, and score the skin across in narrow strips, about $\frac{1}{2}$ inch apart. Cut a slit in the knuckle, loosen the skin, and fill it with a sage-and-onion stuffing, made by Recipe No. 504. Brush the joint over with a little salad-oil (this makes the crackling crisper, and a better colour), and put it down to a bright, clear fire, not too near, as that would cause the skin to blister. Baste it well, and serve with a little gravy made in the dripping-pan, and do not omit to send to table with it a tureen of well-made apple-sauce. (*See* No. 363.)



ROAST LEG OF PORK.

Time.—A leg of pork weighing 8 lbs., about 3 hours:

Average cost, 9d. per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to March.

ENGLISH MODE OF HUNTING, AND INDIAN PIG-STICKING.—The hunting of the wild boar has been in all times, and in all countries, a pastime of the highest interest and excitement, and from the age of Nimrod, has only been considered second to the more dangerous sport of lion-hunting. The buried treasures of Nineveh, restored to us by Mr. Layard, show us, on their sculptured annals, the kings of Assyria in their royal pastime of boar-hunting. That the Greeks were passionately attached to this sport, we know both from history and the romantic fables of the poets. Marc Antony, at one of his breakfasts with Cleopatra, had *eight wild boars* roasted whole; and though the Romans do not appear to have been addicted to hunting, wild-boar fights formed part of their gladiatorial shows in the amphitheatre. In France, Germany, and Britain, from the earliest time, the boar-hunt formed one of the most exciting of sports; but it was only in this country that the sport was conducted without dogs,—a real hand-to-hand

contest of man and beast; the hunter, armed only with a boar-spear, a weapon about four feet long, the ash staff, guarded by plates of steel, and terminating in a long, narrow, and very sharp blade: this, with a hunting-knife, or hanger, completed his offensive arms. Thus equipped, the hunter would either encounter his enemy face to face, confront his desperate charge, as with erect tail, depressed head, and flaming eyes, he rushed with his foamy tusks full against him, who either sought to pierce his vitals through his counter, or driving his spear through his chine, transfix his heart; or failing those more difficult aims, plunge it into his flank, and, without withdrawing the weapon, strike his ready hanger into his throat. But expert as the hunter might be, it was not often the formidable brute was so quickly dispatched; for he would sometimes seize the spear in his powerful teeth, and nip it off like a reed, or, coming full tilt on his enemy, by his momentum and weight bear him to the earth, ripping up, with a horrid gash, his leg or side, and before the writhing hunter could draw his knife, the infuriated beast would plunge his snout in the wound, and rip, with savage teeth, the bowels of his victim. At other times, he would suddenly swerve from his charge, and doubling on his opponent, attack the hunter in the rear. From his speed, great weight, and savage disposition, the wild boar is always a dangerous antagonist, and requires great courage, coolness, and agility on the part of the hunter. The continental sportsman rides to the chase in a cavalcade, with music and dogs,—a kind of small hound or mastiff, and leaving all the honorary part of the contest to them, when the boar is becoming weary, and while beset by the dogs, rides up, and drives his lance home in the beast's back or side. Boar-hunting has been for some centuries obsolete in England, the animal no longer existing in a wild state among us; but in our Indian empire, and especially in Bengal, the pastime is pursued by our countrymen with all the daring of the national character; and as the animal which inhabits the cane-brakes and jungles is a formidable foe, the sport is attended with great excitement. The hunters, mounted on small, active horses, and armed only with long lances, ride, at early daylight, to the skirts of the jungle, and having sent in their attendants to beat the cover, wait till the tusked monster comes crashing from among the canes, when chase is immediately given, till he is come up with, and transfixed by the first weapon. Instead of flight, however, he often turns to bay, and by more than one dead horse and wounded hunter, shows how formidable he is, and what those polished tusks, sharp as pitch-forks, can effect, when the enraged animal defends his life.

TO GLAZE HAM.—(See Recipe No. 430.)

HASHED PORK.

801. **INGREDIENTS.**—The remains of cold roast pork, 2 onions, 1 teaspoonful of flour, 2 blades of pounded mace, 2 cloves, 1 tablespoonful of vinegar, $\frac{1}{2}$ pint of gravy, pepper and salt to taste.

Mode.—Chop the onions and fry them of a nice brown, cut the pork into thin slices, season them with pepper and salt, and add these to the remaining ingredients. Stew gently for about $\frac{1}{2}$ hour, and serve garnished with sippets of toasted bread.

Time.— $\frac{1}{2}$ hour.

Average cost, exclusive of the meat, 3*d.*

Seasonable from October to March.

FRIED RASHERS OF BACON AND POACHED EGGS.

802. **INGREDIENTS.**—Bacon; eggs.

Mode.—Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a *cold* frying-pan, that is to say, do not place the pan on the fire before the bacon is in it. Turn it 2 or 3 times, and dish it on a very hot dish. Poach the eggs and slip them on to the bacon without breaking the yolks, and serve quickly.

Time.—3 or 4 minutes. *Average cost*, 10*d.* to 1*s.* per pound for the primest parts.

Sufficient.—Allow 6 eggs for 3 persons.

Seasonable at any time.

Note.—Fried rashers of bacon, curled, serve as a pretty garnish to many dishes; and, for small families, answer very well as a substitute for boiled bacon, to serve with a small dish of poultry, &c.

BROILED RASHERS OF BACON (a Breakfast Dish).

803. Before purchasing bacon, ascertain that it is perfectly free from rust, which may easily be detected by its yellow colour; and for broiling, the streaked part of the thick flank, is generally the most esteemed. Cut it into *thin* slices, take off the rind, and broil over a nice clear fire; turn it 2 or 3 times, and serve very hot. Should there be any cold bacon left from the previous day, it answers very well for breakfast, cut into slices, and broiled or fried.

Time.—3 or 4 minutes.

Average cost, 10*d.* to 1*s.* per pound for the primest parts.

Seasonable at any time.

Note.—When the bacon is cut very thin, the slices may be curled round and fastened by means of small skewers, and fried or toasted before the fire.

BOILED BACON.

804. *INGREDIENTS*.—Bacon; water.

Mode.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it.



BOILED BACON.

Let it simmer very gently until it is *thoroughly* done; then take it up, strip off the skin, and sprinkle over the bacon a few bread raspings, and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

Time.—1 lb. of bacon, $\frac{3}{4}$ hour; 2 lbs., $1\frac{1}{2}$ hour.

Average cost, 10*d.* to 1*s.* per lb. for the primest parts.

Sufficient.—2 lbs., when served with poultry or veal, sufficient for 10 persons.

Seasonable at any time.

TO CURE BACON IN THE WILTSHIRE WAY.

805. **INGREDIENTS.**— $1\frac{1}{2}$ lb. of coarse sugar, $1\frac{1}{2}$ lb. of bay-salt, 6 oz. of saltpetre, 1 lb. of common salt.

Mode.—Sprinkle each fitch with salt, and let the blood drain off for 24 hours; then pound and mix the above ingredients well together and rub it well into the meat, which should be turned every day for a month; then hang it to dry, and afterwards smoke it for 10 days.

Time.—To remain in the pickle 1 month, to be smoked 10 days.

Sufficient.—The above quantity of salt for 1 pig.

HOW PIGS WERE FORMERLY PASTURED AND FED.—Though unquestionably far greater numbers of swine are now kept in England than formerly, every peasant having one or more of that useful animal, in feudal times immense droves of pigs were kept by the franklings and barons; in those days the swine-herds being a regular part of the domestic service of every feudal household, their duty consisted in daily driving the herd of swine from the castle-yard, or outlying farm, to the nearest woods, chase, or forest, where the frankling or vavasour had, either by right or grant, what was called *free warren*, or the liberty to feed his hogs off the acorns, beech, and chestnuts that lay in such abundance on the earth, and far exceeded the power of the royal or privileged game to consume. Indeed, it was the license granted the nobles of free warren, especially for their swine, that kept up the iniquitous forest laws to so late a date, and covered so large a portion of the land with such immense tracts of wood and brake, to the injury of agriculture and the misery of the people. Some idea of the extent to which swine were grazed in the feudal times, may be formed by observing the number of pigs still fed in Epping Forest, the Forest of Dean, and the New Forest, in Hampshire, where, for several months of the year, the beech-nuts and acorns yield them so plentiful a diet. In Germany, where the chestnut is so largely cultivated, the amount of food shed every autumn is enormous; and consequently the pig, both wild and domestic, has, for a considerable portion of the year, an unfailling supply of admirable nourishment. Impressed with the value of this fruit for the food of pigs, the Prince Consort has, with great judgment, of late encouraged the collection of chestnuts in Windsor Park, and by giving a small reward to old people and children for every bushel collected, has not only found an occupation for many of the unemployed poor, but, by providing a gratuitous food for their pig, encouraged a feeling of providence and economy.

FOR CURING BACON, AND KEEPING IT FREE FROM RUST (Cobbett's Recipe).

806. **THE TWO SIDES THAT REMAIN**, and which are called fitches, are to be cured for bacon. They are first rubbed with salt on their insides, or flesh sides, then placed one on the other, the flesh sides uppermost, in a salting-trough which has a gutter round its edges to drain away the brine; for, to have sweet and fine bacon, the fitches must not be sopping in brine, which gives it the sort of vile taste that barrel and sea pork have. Every one knows how different is the taste of fresh dry salt from that of salt in a dissolved state; therefore change the salt oftén,—once in 4 or 5 days; let it melt and sink in; but not lie too long; twice change the fitches, put that at bottom which was first on the top: this mode will cost you a great deal more in salt than the sopping mode, but without it your bacon will not be so sweet and fine, nor keep so well. As for the time required in making your fitches sufficiently salt, it depends on circumstances. It takes a longer time for a thick than a thin fitch, and longer in dry than in damp weather, or in a dry than in a damp place; but for the fitches of a hog of five score, in weather not very dry or damp, about 6 weeks may do; and as yours is to be fat, which receives little

injury from over-salting, give time enough, for you are to have bacon until Christmas comes again.

807. **THE PLACE FOR SALTING SHOULD**, like a dairy, always be cool, but well ventilated; confined air, though cool, will taint meat sooner than the mid-day sun accompanied by a breeze. With regard to smoking the bacon, two precautions are necessary: first, to hang the flitches where no rain comes down upon them; and next, that the smoke must proceed from wood, not peat, turf, or coal. As to the time required to smoke a flitch, it depends a good deal upon whether there be a constant fire beneath; and whether the fire be large or small: a month will do, if the fire be pretty constant and rich, as a farmhouse fire usually is; but over-smoking, or rather too long hanging in the air, makes the bacon rust; great attention should therefore be paid to this matter. The flitch ought not to be dried up to the hardness of a board, and yet it ought to be perfectly dry. Before you hang it up, lay it on the floor, scatter the flesh side pretty thickly over with bran, or with some fine sawdust, not of deal or fir; rub it on the flesh, or pat it well down upon it: this keeps the smoke from getting into the little openings, and makes a sort of crust to be dried on.

808. **TO KEEP THE BACON SWEET AND GOOD**, and free from hoppers, sift fine some clean and dry wood ashes. Put some at the bottom of a box or chest long enough to hold a flitch of bacon; lay in one flitch, and then put in more ashes, then another flitch, and cover this with six or eight inches of the ashes. The place where the box or chest is kept ought to be dry, and should the ashes become damp, they should be put in the fireplace to dry, and when cold, put back again. With these precautions, the bacon will be as good at the end of the year as on the first day.

809. **FOR SIMPLE GENERAL RULES**, these may be safely taken as a guide; and those who implicitly follow the directions given, will possess at the expiration of from 6 weeks to 2 months well-flavoured and well-cured bacon.

HOG NOT BACON. ANECDOTE OF LORD BACON.—As Lord Bacon, on one occasion, was about to pass sentence of death upon a man of the name of Hogg, who had just been tried for a long career of crime, the prisoner suddenly claimed to be heard in arrest of judgment, saying, with an expression of arch confidence as he addressed the bench, "I claim indulgence, my lord, on the plea of relationship; for I am convinced your lordship will never be unnatural enough to hang one of your own family."

"Indeed," replied the judge, with some amazement, "I was not aware that I had the honour of your alliance; perhaps you will be good enough to name the degree of our mutual affinity."

"I am sorry, my lord," returned the impudent thief, "I cannot trace the links of consanguinity; but the moral evidence is sufficiently pertinent. My name, my lord, is Hogg, your lordship's is Bacon; and all the world will allow that bacon and hog are very closely allied."

"I am sorry," replied his lordship, "I cannot admit the truth of your instance: hog cannot be bacon till it is *hanged*; and so, before I can admit your plea, or acknowledge the family compact, Hogg must be hanged to-morrow morning."

TO BAKE A HAM.

810. **INGREDIENTS.**—Ham; a common crust.

Mode.—As a ham for baking should be well soaked, let it remain

in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in. Place it in a moderately-heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill. This method of cooking a ham is, by many persons, considered far superior to boiling it, as it cuts fuller of gravy and has a finer flavour, besides keeping a much longer time good.

Time.—A medium-sized ham, 4 hours.

Average cost, from 8*d.* to 10*d.* per lb. by the whole ham.

Seasonable all the year.

TO BOIL A HAM.

811. *INGREDIENTS.*—Ham, water, glaze or raspings.

Mode.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it, close to the bone; and if, when the knife is withdrawn, it has an agreeable smell, the ham is good; if, on the contrary, the blade has a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and is very dry and salt, let it remain in soak for 24 hours, changing the water frequently.



BOILED HAM.

This length of time is only necessary in the case of its being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean, and trim away from the under-side, all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it; bring it gradually to boil, and as the scum rises, carefully remove it. Keep it simmering very gently until tender, and be careful that it does not stop boiling, nor boil too quickly. When done, take it out of the pot, strip off the skin, and sprinkle over it a few fine bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold: by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot; it should, however, be borne in mind that the ham must *not* remain in the saucepan *all* night. When the skin is removed, sprinkle over bread-raspings, or, if wanted particularly nice, glaze it. Place a paper frill round the knuckle, and garnish with parsley or cut vegetable flowers. (*See Coloured Plate P.*)

Time.—A ham weighing 10 lbs., 4 hours to *simmer gently*; 15 lbs., 5 hours; a very large one, about 6 hours.

Average cost, from 8*d.* to 10*d.* per lb. by the whole ham.

Seasonable all the year.

HOW TO BOIL A HAM TO GIVE IT AN EXCELLENT FLAVOUR.

812. **INGREDIENTS**.—Vinegar and water, 2 heads of celery, 2 turnips, 3 onions, a large bunch of savoury herbs.

Mode.—Prepare the ham as in the preceding recipe, and let it soak for a few hours in vinegar and water. Put it on in cold water, and when it boils, add the vegetables and herbs. Simmer very gently until tender, take it out, strip off the skin, cover with bread-rasplings, and put a paper *ruche* or frill round the knuckle.

Time.—A ham weighing 10 lbs., 4 hours.

Average cost, 8*d.* to 10*d.* per lb. by the whole ham.

Seasonable at any time.

HOW TO SILENCE A PIG. ANECDOTE OF CHARLES V.—When the emperor Charles V. was one day walking in the neighbourhood of Vienna, full of pious considerations, engendered by the thoughts of the Dominican cloister he was about to visit, he was much annoyed by the noise of a pig, which a country youth was carrying a little way before him. At length, irritated by the unmitigated noise, "Have you not learned how to quiet a pig?" demanded the imperial traveller, tartly.

"Noa," replied the ingenuous peasant, ignorant of the quality of his interrogator;—"noa; and I should very much like to know how to do it," changing the position of his burthen, and giving his load a surreptitious pinch of the ear, which immediately altered the tone and volume of his complaining.

"Why, take the pig by the tail," said the emperor, "and you will see how quiet he will become."

Struck by the novelty of the suggestion, the countryman at once dangled his noisy companion by the tail, and soon discovered that, under the partial congestion caused by its inverted position, the pig had indeed become silent; when, looking with admiration on his august adviser, he exclaimed,—

"Ah, you must have learned the trade much longer than I, for you understand it a great deal better."

FRIED HAM AND EGGS (a Breakfast Dish).

813. **INGREDIENTS**.—Ham; eggs.

Mode.—Cut the ham into slices, and take care that they are of the same thickness in every part. Cut off the rind, and if the ham should be particularly hard and salt, it will be found an improvement to soak it for about 10 minutes in hot water, and then dry it in a cloth. Put it into a cold frying-pan, set it over the fire, and turn the slices 3 or 4 times whilst they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs, slip them on to the slices of ham, and serve quickly.

Time.—7 or 8 minutes to broil the ham.

Average cost, 8d. to 10d. per lb. by the whole ham.

Sufficient.—Allow 2 eggs and a slice of ham to each person.

Seasonable at any time.

Note.—Ham may also be toasted or broiled; but, with the latter method, to insure its being well cooked, the fire must be beautifully clear, or it will have a smoky flavour far from agreeable.

POTTED HAM, that will keep Good for some time.

I.

814. **INGREDIENTS.**—To 4 lbs. of lean ham allow 1 lb. of fat, 2 teaspoonfuls of pounded mace, $\frac{1}{4}$ nutmeg grated, rather more than $\frac{1}{2}$ teaspoonful of cayenne, clarified lard.

Mode.—Mince the ham, fat and lean together in the above proportion, and pound it well in a mortar, seasoning it with cayenne pepper, pounded mace, and nutmeg; put the mixture into a deep baking-dish, and bake for $\frac{1}{4}$ hour; then press it well into a stone jar, fill up the jar with clarified lard, cover it closely, and paste over it a piece of thick paper. If well seasoned, it will keep a long time in winter, and will be found very convenient for sandwiches, &c.

Time.— $\frac{1}{2}$ hour.

Seasonable at any time.

II.

(A nice addition to the Breakfast or Luncheon table.)

815. **INGREDIENTS.**—To 2 lbs. of lean ham allow $\frac{1}{2}$ lb. of fat, 1 teaspoonful of pounded mace, $\frac{1}{2}$ teaspoonful of pounded allspice, $\frac{1}{2}$ nutmeg, pepper to taste, clarified butter.

Mode.—Cut some slices from the remains of a cold ham, mince them small, and to every 2 lbs. of lean, allow the above proportion of fat. Pound the ham in a mortar to a fine paste, with the fat, gradually add the seasoning and spices, and be very particular that all the ingredients are well mixed and the spices well pounded. Press the mixture into potting-pots, pour over clarified butter, and keep it in a cool place.

Average cost for this quantity, 2s. 6d.

Seasonable at any time.

IMPORTANCE OF THE BOAR'S HEAD, SCOTTISH FRUITS, &c.—The boar's head, in ancient times, formed the most important dish on the table, and was invariably the first placed on the board upon Christmas-day, being preceded by a body of servants, a flourish of trumpets, and other marks of distinction and reverence, and carried into the hall by the individual of next rank to the lord of the feast. At some of our colleges and inns of court, the serving of the boar's head on a silver platter on Christmas-day is a custom still followed; and till very lately, a boar's head was competed for at Christmas time by the young men of a rural parish in Essex. Indeed, so highly was the grizzly boar's head regarded in former times, that it passed into a cognizance of some of the noblest families

in the realm: thus it was not only the crest of the Nevills and Warwicks, with their collateral houses, but it was the cognizance of Richard III., that—

“ Wretched, bloody, and usurping boar,
That spoil'd your summer fields and fruitful vines,
Swills your warm blood like wash, and makes his trough
In your embowell'd bosoms,”—

and whose nature it was supposed to typify; and was universally used as a *sign* to taverns. The Boar's Head in Eastcheap, which, till within the last twenty-five years still stood in all its primitive quaintness, though removed to make way for the London-bridge approaches, will live vividly in the mind of every reader of Shakspeare, as the resort of the prince of Wales, Poins, and his companions, and the residence of Falstaff and his coney-catching knaves, Bardolph, Pistol, and Nym; and whose sign was a boar's head, carved in stone over the door, and a smaller one in wood on each side of the doorway.

The traditions and deeds of savage vengeance recorded in connection with this grim trophy of the chase are numerous in all parts of Europe. But the most remarkable connected with the subject in this country, were two events that occurred in Scotland, about the 11th and 15th centuries.

A border family having been dispossessed of their castle and lands by a more powerful chief, were reduced for many years to great indigence, the expelled owner only living in the hope of wreaking a terrible vengeance, which, agreeably to the motto of his house, he was content to “bide his time” for. The usurper having invited a large number of his kindred to a grand hunt in his new domains, and a feast after in the great hall, returned from the chase, and discovering the feast not spread, vented his wrath in no measured terms on the heads of the tardy servitors. At length a mental approached, followed by a line of servants, and placing the boar's head on the table, the guests rushed forward to begin the meal; when, to their horror, they discovered, not a boar's but a bull's head,—a sign of death. The doors were immediately closed, and the false servants, who were the adherents of the dispossessed chief, threw off their disguise, and falling on the usurper and his friends, butchered them and every soul in the castle belonging to the rival faction.

A tribe of caterans, or mountain robbers, in the Western Highlands, having been greatly persecuted by a powerful chief of the district, waylaid him and his retinue, put them all to the sword, and cutting off the chief's head, repaired to his castle, where they ordered the terrified wife to supply them with food and drink. To appease their savage humour, the lady gave order for their entertainment, and on returning to the hall to see her orders were complied with, discovered, in place of the boar's head that should have graced the board, her husband's bleeding head; the savage caterans, in rude derision, as a substitute for the apple or lemon usually placed between the jaws, having thrust a slice of bread in the dead man's mouth.

FOR CURING HAMS (Mons. Ude's Recipe).

816. INGREDIENTS.—For 2 hams weighing about 16 or 18 lbs. each, allow 1 lb. of moist sugar, 1 lb. of common salt, 2 oz. of saltpetre, 1 quart of good vinegar.

Mode.—As soon as the pig is cold enough to be cut up, take the 2 hams and rub them well with common salt, and leave them in a large pan for 3 days. When the salt has drawn out all the blood, drain the hams, and throw the brine away. Mix sugar, salt, and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for 3 days, then pour over them a quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high up as possible from the fire; otherwise the fat will melt, and they will become dry and hard.

Time.—To be pickled 1 month ; to be smoked 1 month.

Sufficient for 2 hams of 18 lbs. each.

Seasonable from October to March.

THE PRICE OF A SOW IN AFRICA.—In one of the native states of Africa, a pig one day stole a piece of food from a child as it was in the act of conveying the morsel to its mouth ; upon which the robbed child cried so loud that the mother rushed out of her hovel to ascertain the cause ; and seeing the purloining pig make off munching his booty, the woman in her heat struck the grunter so smart a blow, that the surly rascal took it into his head to go home very much indisposed, and after a certain time resolved to die,—a resolution that he accordingly put into practice ; upon which the owner instituted judicial proceedings before the Star Chamber court of his tribe, against the husband and family of the woman whose rash act had led to such results ; and as the pig happened to be a sow, in the very flower of her age, the prospective loss to the owner in unnumbered teams of pigs, with the expenses attending so high a tribunal, swelled the damages and costs to such a sum, that it was found impossible to pay them. And as, in the barbarous justice existing among these rude people, every member of a family is equally liable as the individual who committed the wrong, the father, mother, children, relatives,—an entire community, to the number of *thirty-two souls*, were sold as slaves, and a fearful sum of human misery perpetrated, to pay the value of a thieving old sow.

TO SALT TWO HAMS, about 12 or 15 lbs. each.

817. **INGREDIENTS.**—2 lbs. of treacle, $\frac{1}{2}$ lb. of saltpetre, 1 lb. of bay-salt, 2 pounds of common salt.

Made.—Two days before they are put into pickle, rub the hams well with salt, to draw away all slime and blood. Throw what comes from them away, and then rub them with treacle, saltpetre, and salt. Lay them in a deep pan, and let them remain one day ; boil the above proportion of treacle, saltpetre, bay-salt, and common salt for $\frac{1}{2}$ hour, and pour this pickle boiling hot over the hams : there should be sufficient of it to cover them. For a day or two rub them well with it ; afterwards they will only require turning. They ought to remain in this pickle for 3 weeks or a month, and then be sent to be smoked, which will take nearly or quite a month to do. An ox-tongue pickled in this way is most excellent, to be eaten either green or smoked.

Time.—To remain in the pickle 3 weeks or a month ; to be smoked about a month.

Seasonable from October to March.

TO CURE SWEET HAMS IN THE WESTMORELAND WAY.

818. **INGREDIENTS.**—3 lbs. of common salt, 3 lbs. of coarse sugar, 1 lb. of bay-salt, 3 quarts of strong beer.

Mode.—Before the hams are put into pickle, rub them the preceding day well with salt, and drain the brine well from them. Put the above ingredients into a saucepan, and boil for $\frac{1}{2}$ hour ; pour over the hams, and let them remain a month in the pickle. Rub and turn them every day, but do not take them out of the pickling-pan ; and have them smoked for a month.

Time.—To be pickled 1 month ; to be smoked 1 month.

Seasonable from October to March.

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SNOW-CAKE.

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1778. **INGREDIENTS.**—1 lb. of arrowroot, $\frac{1}{2}$ lb. of pounded white sugar, $\frac{1}{2}$ lb. of butter, the whites of 6 eggs; flavouring to taste, of essence of almonds, or vanilla, or lemon.

Mode.—Beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the above flavourings may be preferred; pour the cake into a buttered mould or tin and bake it in a moderate oven from 1 to $1\frac{1}{2}$ hour.

Time.—1 to $1\frac{1}{2}$ hour.

Average cost, with the best Bermuda arrowroot, 4s. 6d.; with St. Vincent ditto, 2s. 9d.

Sufficient to make a moderate-sized cake. *Seasonable* at any time.

SCRAP-CAKES.

1779. **INGREDIENTS.**—2 lbs. of leaf, or the inside fat of a pig; $1\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of moist sugar, $\frac{1}{2}$ lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste.

Mode.—Cut the leaf, or flead, as it is sometimes called, into small pieces; put it into a large dish, which place in a quick oven; be careful that it does not burn, and in a short time it will be reduced to oil, with the small pieces of leaf floating on the surface; and it is of these that the cakes should be made. Gather all the scraps together, put them into a basin with the flour, and rub them well together. Add the currants, sugar, candied peel, cut into thin slices, and the ground allspice. When all these ingredients are well mixed, moisten with sufficient cold water to make the whole into a nice paste; roll it out thin, cut it into shapes, and bake the cakes in a quick oven from 15 to 20 minutes. These are very economical and wholesome cakes for children, and the lard, melted at home, produced from the flead, is generally better than that you purchase. To prevent the lard from burning, and to insure its being a good colour, it is better to melt it in a jar placed in a saucepan of boiling water; by doing it in this manner, there will be no chance of its discolouring.

Time.—15 to 20 minutes.

Sufficient to make 3 or 4 dozen cakes.

Seasonable from September to March.



WHEAT is liable to several diseases, which affect the flour made from it, and render it unfit for good bread. The principal of these are the blight, mildew, and smut, which are occasioned by microscopic fungi, which sow themselves and grow upon the stems and ears, destroying the nutritive principles, and introducing matter of a deleterious kind. The farmer is at the utmost pains to keep away these intruders. Wheat, as well as all kinds of corn, is also very liable to be injured by being stacked before it is quite dry; in which case it will heat, and become musty in the ricks. In wet harvests it is sometimes impossible to get it sufficiently dried, and a great deal of corn is thus often spoiled. It is generally reckoned that the sweetest bread is made from wheat threshed out before it is stacked; which shows the importance of studying the best modes of preserving it.

The erudite are not agreed as to the aboriginal country of corn: some say it is Egypt, others Tartary; and the learned Bailly, as well as the traveller Pallas, affirms that it grows spontaneously in Siberia. Be that as it may, the Phocians brought it to Marseilles before the Romans had penetrated into Gaul. The Gauls ate the corn cooked or bruised in a mortar: they did not know, for a long time, how to make fermented bread.

SCOTCH SHORTBREAD.

1780. **INGREDIENTS.**—2 lbs. of flour, 1 lb. of butter, $\frac{1}{2}$ lb. of pounded loaf sugar, $\frac{1}{2}$ oz. of caraway seeds, 1 oz. of sweet almonds, a few strips of candied orange-peel.

Mode.—Beat the butter to a cream, gradually dredge in the flour, and add the sugar, caraway seeds, and sweet almonds, which should be blanched and cut into small pieces.



SHORTBREAD.

Work the paste until it is quite smooth, and divide it into six pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about

an inch, and pinch it upon all sides. Prick it well, and ornament with one or two strips of candied orange-peel. Put the cakes into a good oven, and bake them from 25 to 30 minutes.

Time.—25 to 30 minutes. *Average cost*, for this quantity, 2s.

Sufficient to make 6 cakes. *Seasonable* at any time.

Note.—Where the flavour of the caraway seeds is disliked, omit them, and add rather a larger proportion of candied peel.

SODA-CAKE.

1781. **INGREDIENTS.**— $\frac{1}{2}$ lb. of butter, 1 lb. of flour, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. of moist sugar, 1 teacupful of milk, 3 eggs, 1 teaspoonful of carbonate of soda.

Mode.—Rub the butter into the flour, add the currants and sugar, and mix these ingredients well together. Whisk the eggs well, stir them to the flour, &c., with the milk, in which the soda should be previously dissolved, and beat the whole up together with a wooden spoon or beater. Divide the dough into two pieces, put them into buttered

moulds or cake-tins, and bake in a moderate oven for nearly an hour. The mixture must be extremely well beaten up, and not allowed to stand after the soda is added to it, but must be placed in the oven immediately. Great care must also be taken that the cakes are quite done through, which may be ascertained by thrusting a knife into the middle of them: if the blade looks bright when withdrawn, they are done. If the tops acquire too much colour before the inside is sufficiently baked, cover them over with a piece of clean white paper, to prevent them from burning.

Time.—1 hour. *Average cost,* 1s. 6d.

Sufficient to make 2 small cakes. *Seasonable* at any time.

SAVOY CAKE.

1782. **INGREDIENTS.**—The weight of 4 eggs in pounded loaf sugar, the weight of 7 in flour, a little grated lemon-rind, or essence of almonds, or orange-flower water.

Mode.—Break the 7 eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs, whisked to a froth. Put in the flour by degrees, continuing to beat the mixture for $\frac{1}{2}$ hour, butter a mould, pour in the cake, and bake it from $1\frac{1}{2}$ to $1\frac{3}{4}$ hour. This is a very nice cake for dessert, and may be iced for a supper-table, or cut into slices and spread with jam, which converts it into sandwiches.

Time.— $1\frac{1}{2}$ to $1\frac{3}{4}$ hour. *Average cost,* 1s.

Sufficient for 1 cake. *Seasonable* at any time.

SPONGE-CAKE.

I.

1783. **INGREDIENTS.**—The weight of 8 eggs in pounded loaf sugar, the weight of 5 in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

Mode.—Put the eggs into one side of the scale, and take the weight of 8 in pounded loaf sugar, and the weight of 5 in good dry flour. Separate the yolks from the whites of the eggs; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until *milk-warm*, keeping them well stirred. Then put them into a basin, add the grated lemon-rind mixed with the brandy, and stir these well together, dredging in the flour *very gradually*,



SPONGE-CAKE.

Whisk the whites of the eggs to a very stiff froth, stir them to the flour, &c., and beat the cake well for $\frac{1}{2}$ hour. Put it into a buttered mould strewn with a little fine sifted sugar, and bake the cake in a quick oven for $1\frac{1}{2}$ hour. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds instead of the grated lemon-rind.



EGYPTIAN WHEAT.

Time.— $1\frac{1}{2}$ hour. *Average cost*, 1s. 3d.

Sufficient for 1 cake. *Seasonable* at any time.

THE EGYPTIAN, OR MUMMY WHEAT, is not grown to any great extent, owing to its inferior quality; but it is notable for its large produce, and is often cultivated on allotment grounds and on small farms, where quantity rather than quality is desired. At Wix, in Essex, the seed of this wheat has produced, without artificial assistance, four thousandfold; some of the ears have had eleven offshoots, and have contained, altogether, eleven grains in one ear.

II.

1784. **INGREDIENTS.**— $\frac{1}{2}$ lb. of loaf sugar, not quite $\frac{1}{2}$ pint of water, 6 eggs, 1 lemon, $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ teaspoonful of carbonate of soda.

Mode.—Boil the sugar and water together until they form a thick syrup; let it cool a little, then pour it to the eggs, which should be previously well whisked; and after the eggs and syrup are mixed together, continue beating them for a few minutes. Grate the lemon-rind, mix the carbonate of soda with the flour, and stir these lightly to the other ingredients; then add the lemon-juice, and, when the whole is thoroughly mixed, pour it into a buttered mould, and bake in rather a quick oven for rather more than 1 hour. The remains of sponge or Savoy cakes answer very well for trifles, light puddings, &c.; and a very stale one (if not mouldy) makes an excellent tipsy-cake.

Time.—Rather more than 1 hour. *Average cost*, 10d.

Sufficient to make 1 cake. *Seasonable* at any time.

TO MAKE SMALL SPONGE-CAKES.

1785. **INGREDIENTS.**—The weight of 5 eggs in flour, the weight of 8 in pounded loaf sugar; flavouring to taste.

Mode.—Let the flour be perfectly dry, and the sugar well pounded and sifted. Separate the whites from the yolks of the eggs, and beat the latter up with the sugar; then whisk the whites until they become rather stiff, and mix them with the yolks, but do not stir them more than is just necessary to mingle the ingredients well toge-

ther. Dredge in the flour by degrees, add the flavouring; butter the tins well, pour in the batter, sift a little sugar over the cakes, and bake them in rather a quick oven, but do not allow them to take too much colour, as they should be rather pale. Remove them from the tins before they get cold, and turn them on their faces, where let them remain until quite cold, when store them away in a closed tin canister or wide-mouthed glass bottle.

Time.—10 to 15 minutes in a quick oven. *Average cost*, 1d each.

Seasonable at any time.

TEA-CAKES.

1786. **INGREDIENTS.**—2 lbs. of flour, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ lb. of butter or lard, 1 egg, a piece of German yeast the size of a walnut, warm milk.

Mode.—Put the flour (which should be perfectly dry) into a basin mix with it the salt, and rub in the butter or lard; then beat the egg well, stir to it the yeast, and add these to the flour with as much warm milk as will make the whole into a smooth paste, and knead it well. Let it rise near the fire, and, when well risen, form it into cakes; place them on tins, let them rise again for a few minutes before putting them into the oven, and bake from $\frac{1}{2}$ to $\frac{3}{4}$ hour in a moderate oven. These are very nice with a few currants and a little sugar added to the other ingredients: they should be put in after the butter is rubbed in. These cakes should be buttered, and eaten hot as soon as baked; but, when stale, they are very nice split and toasted; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

Time.— $\frac{1}{4}$ to $\frac{3}{4}$ hour. *Average cost*, 10d.

Sufficient to make 8 tea-cakes. *Seasonable* at any time.

TO TOAST TEA-CAKES.

1787. Cut each tea-cake into three or four slices, according to its thickness; toast them on both sides before a nice clear fire, and as each slice is done, spread it with butter on both sides. When a cake is toasted, pile the slices one on the top of the other, cut them into quarters, put them on a very hot plate, and send the cakes immediately to table. As they are wanted, send them in hot, one or two at a time, as, if allowed to stand, they spoil, unless kept in a muffin-plate over a basin of boiling water.



TEA-CAKES.

A NICE YEAST-CAKE.

1788. **INGREDIENTS.**— $1\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ pint of milk, $1\frac{1}{2}$ tablespoonful of good yeast, 3 eggs, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. of white moist sugar, 2 oz. of candied peel.

Mode.—Put the milk and butter into a saucepan, and shake it round over a fire until the butter is melted, but do not allow the milk to get very hot. Put the flour into a basin, stir to it the milk and butter, the yeast, and eggs, which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and, when sufficiently risen, add the currants, sugar, and candied peel cut into thin slices. When all the ingredients are thoroughly mixed, line 2 moderate-sized cake-tins with buttered paper, which should be about six inches higher than the tin; pour in the mixture, let it stand to rise again for another $\frac{1}{2}$ hour, and then bake the cakes in a brisk oven for about $1\frac{1}{2}$ hour. If the tops of them become too brown, cover them with paper until they are done through. A few drops of essence of lemon, or a little grated nutmeg, may be added when the flavour is liked.

Time.—From $1\frac{1}{2}$ to $1\frac{3}{4}$ hour. *Average cost, 2s.*

Sufficient to make 2 moderate-sized cakes.

Seasonable at any time.





CHAPTER XXXVI.

GENERAL OBSERVATIONS ON BEVERAGES.

1789. BEVERAGES are innumerable in their variety ; but the ordinary beverages drunk in the British isles, may be divided into three classes :—1. Beverages of the simplest kind not fermented. 2. Beverages, consisting of water, containing a considerable quantity of carbonic acid. 3. Beverages composed partly of fermented liquors. Of the first class may be mentioned,—water, toast-and-water, barley-water, eau sucré, lait sucré, cheese and milk whey, milk-and-water, lemonade, orangeade, sherbet, apple and pear juice, capillaire, vinegar-and-water, raspberry vinegar and water.

1790. Of the common class of beverages, consisting of water impregnated with carbonic acid gas, we may name soda-water, single and double, ordinary effervescing draughts, and ginger-beer.

1791. The beverages composed partly of fermented liquors, are hot spiced wines, bishop, egg-flip, egg-hot, ale posset, sack posset, punch, and spirits-and-water.

1792. We will, however, forthwith treat on the most popular of our beverages, beginning with the one which makes “ the cup that cheers but not inebriates.”

1793. The beverage called tea has now become almost a necessary of life. Previous to the middle of the 17th century it was not used in England, and it was wholly unknown to the Greeks and Romans. Pepys says, in his Diary,—“September 25th, 1661.—I sent for a cup of tea (a China drink), of which I had never drunk before.” Two years later it was so rare a commodity in

England, that the English East-India Company bought 2 lbs. 2 oz. of it, as a present for his majesty. In 1666 it was sold in London for sixty shillings a pound. From that date the consumption has gone on increasing from 5,000 lbs. to 50,000,000 lbs.

1794. Linnaeus was induced to think that there were two species of tea-plant, one of which produced the black, and the other the green teas; but later observations do not confirm this. When the leaves of black and green tea are expanded by hot water, and examined by the botanist, though a difference of character is perceived, yet this is not sufficient to authorize considering them as distinct species. The tea-tree flourishes best in temperate regions; in China it is indigenous. The part of China where the best tea is cultivated, is called by us the "tea country." The cultivation of the plant requires great care. It is raised chiefly on the sides of hills; and, in order to increase the quantity and improve the quality of the leaves, the shrub is pruned, so as not to exceed the height of from two to three feet, much in the same manner as the vine is treated in France. They pluck the leaves, one selecting them according to the kinds of tea required; and, notwithstanding the tediousness of the operation, each labourer is able to gather from four to ten or fifteen pounds a day. When the trees attain to six or seven years of age, the produce becomes so inferior that they are removed to make room for a fresh succession, or they are cut down to allow of numerous young shoots. Teas of the finest flavour consist of the youngest leaves; and as these are gathered at four different periods of the year, the younger the leaves the higher flavoured the tea, and the scarcer, and consequently the dearer, the article.

1795. The various names by which teas are sold in the British market are corruptions of Chinese words. There are about a dozen different kinds; but the principal are Bohea, Congou, and Souchong, and signify, respectively, inferior, middling, and superior. Teas are often perfumed and flavoured with the leaves of different kinds of plants grown on purpose. Different tea-farms in China produce teas of various qualities, raised by skilful cultivation on various soils.

1796. Tea, when chemically analyzed, is found to contain woody fibre, mucilage, a considerable quantity of the astringent principle, or tannin, a narcotic principle, which is, perhaps, connected with a peculiar aroma. The tannin is shown by its striking a black colour with sulphate of iron, and is the cause of the dark stain which is always formed when tea is spilt upon buff-coloured cottons dyed with iron. A constituent called *Theine* has also been discovered in tea, supposed to be identical with *Caffeine*, one of the constituents of coffee. Liebig says, "Theine yields, in certain processes of decomposition, a series of most remarkable products, which have much analogy with those derived from uric acid in similar circumstances. . . . The infusion of tea differs from that of coffee, by containing iron and manganese. . . . We have in tea, of many kinds, a beverage which contains the active constituents of the most powerful mineral springs, and, however small the amount of iron

may be which we daily take in this form, it cannot be destitute of influence on the vital processes."

1797. Chinese tea has frequently been adulterated in this country, by the admixture of the dried leaves of certain plants. The leaves of the sloe, white thorn, ash, elder, and some others, have been employed for this purpose; such as the leaves of the speedwell, wild germander, black currants, syringa, purple-spiked willow-herb, sweet-brier, and cherry-tree. Some of these are harmless, others are to a certain degree poisonous; as, for example, are the leaves of all the varieties of the plum and cherry tribe, to which the sloe belongs. Adulteration by means of these leaves is by no means a new species of fraud; and several acts of parliament, from the time of George II., have been passed, specifying severe penalties against those guilty of the offence, which, notwithstanding numerous convictions, continues to the present time.

1798. In the purchase of tea, that should be chosen which possesses an agreeable odour and is as whole as possible, in order that the leaf may be easily examined. The greatest care should be taken that it has not been exposed to the air, which destroys its flavour.

1799. It would be impossible, in the space at our command, to enumerate the various modes adopted in different countries for "making coffee;" that is, the phrase commonly understood to mean the complete preparation of this delicious beverage for drinking. For performing this operation, such recipes or methods as we have found most practical will be inserted in their proper place; but the following facts connected with coffee will be found highly interesting.

1800. The introduction of coffee into this country is comparatively of recent date. We are assured by Bruce that the coffee-tree is a native of Abyssinia, and it is said to have been cultivated in that country from time immemorial.

1801. It appears that coffee was first introduced into England by Daniel Edwards, a Turkey merchant, whose servant, Pasqua, a Greek, understood the manner of roasting it. This servant, under the patronage of Edwards, established the first coffee-house in London, in George Yard, Lombard Street. Coffee was then sold at four or five guineas a pound, and a duty was soon afterwards laid upon it of fourpence a gallon, when made into a beverage. In the course of two centuries, however, this berry, unknown originally as an article of food, except to some savage tribes on the confines of Abyssinia, has made its way through the whole of the civilized world. Mahommedans of all ranks drink coffee twice a day; it is in universal request in France; and the demand for it throughout the British isles is daily increasing, the more especially since so much attention has been given to mechanical contrivances for roasting and grinding the berry and preparing the beverage.

1802. Of the various kinds of coffee the Arabian is considered the best. It is grown chiefly in the districts of Aden and Mocha; whence the name of our

Mocha coffee. Mocha coffee has a smaller and rounder bean than any other, and likewise a more agreeable smell and taste. The next in reputation and quality is the Java and Ceylon coffee, and then the coffees of Bourbon and Martinique, and that of Berbice, a district of the colony of British Guiana. The Jamaica and St. Domingo coffees are less esteemed.

1803. A considerable change takes place in the arrangement of the constituents of coffee by the application of heat in roasting it. Independently of one of the objects of roasting, namely, that of destroying its toughness and rendering it easily ground, its tannin and other principles are rendered partly soluble in water; and it is to the tannin that the brown colour of the decoction of coffee is owing. An aromatic flavour is likewise developed during torrefaction, which is not perceived in the raw berry, and which is not produced in the greatest perfection until the heat has arrived at a certain degree of temperature; but, if the heat be increased beyond this, the flavour is again dissipated, and little remains but a bitter and astringent matter with carbon.

1804. The roasting of coffee in the best manner requires great nicety, and much of the qualities of the beverage depends upon the operation. The roasting of coffee for the dealers in London and Paris has now become a separate branch of business, and some of the roasters perform the operation on a great scale, with considerable skill. Roasted coffee loses from 20 to 30 per cent. by sufficient roasting, and the powder suffers much by exposure to the air; but, while raw, it not only does not lose its flavour for a year or two, but improves by keeping. If a cup of the best coffee be placed upon a table boiling hot, it will fill the room with its fragrance; but the coffee, when warmed again after being cold, will be found to have lost most of its flavour.

1805. To have coffee in perfection, it should be roasted and ground just before it is used, and more should not be ground at a time than is wanted for immediate use, or, if it be necessary to grind more, it should be kept closed from the air. Coffee readily imbibes exhalations from other substances, and thus often acquires a bad flavour: brown sugar placed near it will communicate a disagreeable flavour. It is stated that the coffee in the West Indies has often been injured by being laid in rooms near the sugar-works, or where rum is distilled; and the same effect has been produced by bringing over coffee in the same ships with rum and sugar. Dr. Moseley mentions that a few bags of pepper, on board a ship from India, spoiled a whole cargo of coffee.

1806. With respect to the quantity of coffee used in making the decoction, much depends upon the taste of the consumer. The greatest and most common fault in English coffee is the too small quantity of the ingredient. Count Rumford says that to make good coffee for drinking after dinner, a pound of good Mocha coffee, which, when roasted and ground, weighs only thirteen ounces, serves to make fifty-six full cups, or a little less than a quarter of an ounce to a coffee-cup of moderate size.

R E C I P E S.



CHAPTER XXXVII.

TO MAKE CHOCOLATE.

1807. **INGREDIENTS.**—Allow $\frac{1}{2}$ oz. of chocolate to each person; to every oz. allow $\frac{1}{2}$ pint of water, $\frac{1}{2}$ pint of milk.

Mode.—Make the milk-and-water hot; scrape the chocolate into it, and stir the mixture constantly and quickly until the chocolate is dissolved; bring it to the boiling-point, stir it well, and serve directly with white sugar. Chocolate prepared with in a mill, as shown in the engraving, is made by putting in the scraped chocolate, pouring over it the boiling milk-and-water, and milling it over the fire until hot and frothy.

Sufficient.—Allow $\frac{1}{2}$ oz. of cake chocolate to each person.



MILL.

CHOCOLATE AND COCOA.—Both these preparations are made from the seeds or beans of the cacao-tree, which grows in the West Indies and South America. The Spanish, and the proper name, is cacao, not cocoa, as it is generally spelt. From this mistake, the tree from which the beverage is procured has been often confounded with the palm that produces the edible cocoa-nuts, which are the produce of the cocoa-tree (*Cocos nucifera*), whereas the tree from which chocolate is procured is very different (the *Theobroma cacao*). The cocoa-tree was cultivated by the aboriginal inhabitants of South America, particularly in Mexico, where, according to Humboldt, it was reared by Montezuma. It was transplanted thence into other dependencies of the Spanish monarchy in 1520; and it was so highly esteemed by Linnaeus as to receive from him the name now conferred upon it, of *Theobroma*, a term derived from the Greek, and signifying "food for gods." Chocolate has always been a favourite beverage among the Spaniards and Creoles, and was considered here as a great luxury when first introduced, after the discovery of America; but the high duties laid upon it, confined it long almost entirely to the wealthier classes. Before it was subjected to duty, Mr. Bryan Edwards stated that cocoa plantations were numerous in Jamaica, but that the duty caused their almost entire ruin. The removal of this duty has increased their cultivation. (For engraving of cocoa-bean, see No. 1816.)

TO MAKE ESSENCE OF COFFEE.

1808. **INGREDIENTS.**—To every $\frac{1}{2}$ lb. of ground coffee allow 1 small teaspoonful of powdered chicory, 3 small teacupfuls, or 1 pint, of water.

Mode.—Let the coffee be freshly ground, and, if possible, freshly roasted; put it into a percolater, or filter, with the chicory, and pour slowly over it the above proportion of boiling water. When it has all filtered through, warm the coffee sufficiently to bring it to the

simmering-point, but do not allow it to boil; then filter it a second time, put it into a clean and dry bottle, cork it well, and it will remain good for several days. Two tablespoonfuls of this essence are quite sufficient for a breakfast-cupful of hot milk. This essence will be found particularly useful to those persons who have to rise extremely early; and having only the milk to make boiling, is very easily and quickly prepared. When the essence is bottled, pour another 3 teacupfuls of *boiling* water slowly on the grounds, which, when filtered through, will be a very weak coffee. The next time there is essence to be prepared, make this weak coffee boiling, and pour it on the ground coffee instead of plain water: by this means a better coffee will be obtained. Never throw away the grounds without having made use of them in this manner; and always cork the bottle well that contains this preparation, until the day that it is wanted for making the fresh essence.

Time.—To be filtered once, then brought to the boiling-point, and filtered again.

Average cost, with coffee at 1s. 8d. per lb., 6d.

Sufficient.—Allow 2 tablespoonfuls for a breakfast-cupful of hot milk.

TO ROAST COFFEE.

(A French Recipe.)

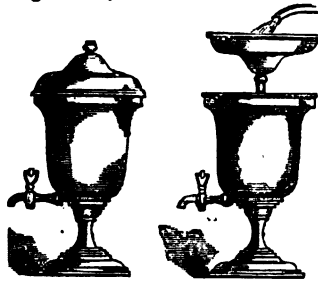
1809. It being an acknowledged fact that French coffee is decidedly superior to that made in England, and as the roasting of the berry is of great importance to the flavour of the preparation, it will be useful and interesting to know how they manage these things in France. In Paris, there are two houses justly celebrated for the flavour of their coffee,—*La Maison Corcellet* and *La Maison Royer de Chartres*; and to obtain this flavour, before roasting they add to every 3 lbs. of coffee a piece of butter the size of a nut, and a dessert-spoonful of powdered sugar: it is then roasted in the usual manner. The addition of the butter and sugar develops the flavour and aroma of the berry; but it must be borne in mind, that the quality of the butter must be of the very best description.

TO MAKE COFFEE.

1810. **INGREDIENTS.**—Allow $\frac{1}{2}$ oz., or 1 tablespoonful, of ground coffee to each person; to every oz. of coffee allow $\frac{1}{2}$ pint of water.

Mode.—To make coffee good, *it should never be boiled*, but the boiling water merely poured on it, the same as for tea. The coffee should always be purchased in the berry,—if possible, freshly roasted; and it should never be ground long before it is wanted for use. There are very many new kinds of coffee-pots, but the method of making the

coffee is nearly always the same; namely, pouring the boiling water on the powder, and allowing it to filter through. Our illustration shows one of Loysel's Hydrostatic Urns, which are admirably adapted for making good and clear coffee, which should be made in the following manner:—Warm the urn with boiling water, remove the lid and movable filter, and place the ground coffee at the bottom of the urn. Put the movable filter over this, and screw the lid, inverted, tightly on the end of the centre pipe. Pour into the inverted lid the above proportion of boiling water, and when all the water so poured has disappeared from the funnel, and made its way down the centre pipe and up again through the ground coffee by *hydrostatic pressure*, un-



LOYSEL'S HYDROSTATIC URN.

screw the lid and cover the urn. Pour back direct into the urn, *not through the funnel*, one, two, or three cups, according to the size of the percolater, in order to make the infusion of uniform strength; the contents will then be ready for use, and should run from the tap strong, hot, and clear. The coffee made in these urns generally turns out very good, and there is but one objection to them,—the coffee runs rather slowly from the tap. This is of no consequence where there is a small party, but tedious where there are many persons to provide for. A remedy for this objection may be suggested; namely, to make the coffee very strong, so that not more than $\frac{1}{3}$ of a cup would be required, as the rest would be filled up with milk. Making coffee in filters or percolaters does away with the necessity of using isinglass, white of egg, and various other preparations to clear it. Coffee should always be served very hot, and, if possible, in the same vessel in which it is made, as pouring it from one pot to another cools, and consequently spoils it. Many persons may think that the proportion of water we have given for each oz. of coffee is rather small; it is so, and the coffee produced from it will be very strong; $\frac{1}{3}$ of a cup will be found quite sufficient, which should be filled with nice hot milk, or milk and cream mixed. This is the *café au lait* for which our neighbours over the Channel are so justly celebrated. Should the ordinary method of making coffee be preferred, use double the quantity of water, and, in pouring it into the cups, put in more coffee and less milk.

Sufficient.—For very good coffee, allow $\frac{1}{2}$ oz., or 1 table-spoonful, to each person.

A VERY SIMPLE METHOD OF MAKING COFFEE.

1811. **INGREDIENTS.**—Allow $\frac{1}{2}$ oz., or 1 tablespoonful, of coffee to each person; to every oz. allow $\frac{1}{2}$ pint of water.

Mode.—Have a small iron ring made to fit the top of the coffee-pot inside, and to this ring sew a small muslin bag (the muslin for the purpose must not be too thin). Fit the bag into the pot, pour some boiling water in it, and, when the pot is well warmed, put the ground coffee into the bag; pour over as much boiling water as is required, close the lid, and, when all the water has filtered through, remove the bag, and send the coffee to table. Making it in this manner prevents the necessity of pouring the coffee from one vessel to another, which cools and spoils it. The water should be poured on the coffee gradually, so that the infusion may be stronger; and the bag must be well made, that none of the grounds may escape through the seams, and so make the coffee thick and muddy.



COFFEE.

Sufficient.—Allow 1 tablespoonful, or $\frac{1}{2}$ oz., to each person.

THE COFFEE PLANT grows to the height of about twelve or fifteen feet, with leaves not unlike those of the common laurel, although more pointed, and not so dry and thick. The blossoms are white, much like those of jasmine, and issue from the angles of the leaf-stalks. When the flowers fade, they are succeeded by the coffee-bean, or seed, which is inclosed in a berry of a red colour, when ripe resembling a cherry. The coffee-beans are prepared by exposing them to the sun for a few days, that the pulp may ferment and throw off a strong acidulous moisture. They are then gradually dried for about three weeks, and put into a mill to separate the husk from the seed.

CAFÉ AU LAIT.

1812. This is merely very strong coffee added to a large proportion of good hot milk; about 6 tablespoonfuls of strong coffee being quite sufficient for a breakfast-cupful of milk. Of the essence No. 1808, which answers admirably for *café au lait*, so much would not be required. This preparation is infinitely superior to the weak watery coffee so often served at English tables. A little cream mixed with the milk, if the latter cannot be depended on for richness, improves the taste of the coffee, as also the richness of the beverage.

Sufficient.—6 tablespoonfuls of strong coffee, or 2 tablespoonfuls of the essence, to a breakfast-cupful of milk.

TEA AND COFFEE.—It is true, says Liebig, that thousands have lived without a knowledge of tea and coffee; and daily experience teaches us that, under certain circumstances, they may be dispensed with without disadvantage to the merely animal functions; but it is an error, certainly, to conclude from this that they may be altogether dispensed with in reference to their effects; and it is a question whether, if we had no tea and no coffee, the popular instinct would not seek for and discover the means of replacing them. Science, which accuses us of so much in these respects, will have, in the first

place, to ascertain whether it depends on sensual and sinful inclinations merely, that every people of the globe have appropriated some such means of acting on the nervous life, from the shore of the Pacific, where the Indian retires from life for days in order to enjoy the bliss of intoxication with koko, to the Arctic regions, where Kamtschadals and Koriakes prepare an intoxicating beverage from a poisonous mushroom. We think it, on the contrary, highly probable, not to say certain, that the instinct of man, feeling certain blanks, certain wants of the intensified life of our times, which cannot be satisfied or filled up by mere quantity, has discovered, in these products of vegetable life the true means of giving to his food the desired and necessary quality.

CAFE NOIR.

1813. This is usually handed round after dinner, and should be drunk well sweetened, with the addition of a little brandy or liqueurs, which may be added or not at pleasure. The coffee should be made very strong, and served in very small cups, but never mixed with milk or cream. Café noir may be made of the essence of coffee No. 1808, by pouring a tablespoonful into each cup, and filling it up with boiling water. This is a very simple and expeditious manner of preparing coffee for a large party, but the essence for it must be made very good, and kept well corked until required for use.

TO MAKE TEA.

1814. There is very little art in making good tea; if the water is boiling, and there is no sparing of the fragrant leaf, the beverage will almost invariably be good. The old-fashioned plan of allowing a teaspoonful to each person, and one over, is still practised. Warm the teapot with boiling water; let it remain for two or three minutes for the vessel to become thoroughly hot, then pour it away. Put in the tea, pour in from $\frac{1}{4}$ to $\frac{3}{4}$ pint of *boiling* water, close the lid, and let it stand for the tea to draw from 5 to 10 minutes; then fill up the pot with water. The tea will be quite spoiled unless made with water that is actually *boiling*, as the leaves will not open, and the flavour not be extracted from them; the beverage will consequently be colourless and tasteless,—in fact, nothing but tepid water. Where there is a very large party to make tea for, it is a good plan to have two teapots instead of putting a large quantity of tea into one pot; the tea, besides, will go farther. When the infusion has been once completed, the addition of fresh tea adds very little to the strength; so, when more is required, have the pot emptied of the old leaves, scalded, and fresh tea made in the usual manner. Economists say that a few grains of carbonate of soda, added before the boiling water is poured on the tea, assist to draw out the goodness: if the water is very hard, perhaps it is a good plan, as the soda softens it; but care must be taken to use this ingredient sparingly, as it is liable to give the tea a soapy taste if added in too large a quantity. For

mixed tea, the usual proportion is four spoonfuls of black to one of green; more of the latter when the flavour is very much liked; but strong green tea is highly pernicious, and should never be partaken of too freely.



TEA.

capsules, containing each from one to three white seeds. These capsules are crushed for oil, which is in general use in China.

Time.—2 minutes to warm the teapot, 5 to 10 minutes to draw the strength from the tea.

Sufficient.—Allow 1 teaspoonful to each person, and one over.

TEA.—The tea-tree or shrub belongs to the class and order of *Monadelphia polyandria* in the Linnæan system, and to the natural order of *Aurantiaceæ* in the system of Jussieu. Lately it has been made into a new order, the *Theacis*, which includes the *Camellia* and some other plants. It commonly grows to the height of from three to six feet; but it is said, that, in its wild or native state, it reaches twenty feet or more. In China it is cultivated in numerous small plantations. In its general appearance, and the form of its leaf, it resembles the myrtle. The blossoms are white and fragrant, not unlike those of the wild rose, but smaller; and they are succeeded by soft green

AN EXCELLENT SUBSTITUTE FOR MILK OR CREAM IN TEA OR COFFEE.

1815. *INGREDIENTS.*—Allow 1 new-laid egg to every large breakfast-cupful of tea or coffee.

Mode.—Beat up the whole of the egg in a basin, put it into a cup (or a portion of it, if the cup be small), and pour over it the tea or coffee very hot. These should be added very gradually, and stirred all the time, to prevent the egg from curdling. In point of nourishment, both these beverages are much improved by this addition.

Sufficient.—Allow 1 egg to every large breakfast-cupful of tea or coffee.

TO MAKE COCOA.

1816. *INGREDIENTS.*—Allow 2 teaspoonfuls of the prepared cocoa to 1 breakfast-cup; boiling milk and boiling water.

Mode.—Put the cocoa into a breakfast-cup, pour over it sufficient cold milk to make it into a smooth paste; then add equal quantities of boiling milk and boiling water, and stir all well together. Care must be taken not to allow the milk to get burnt, as it will entirely spoil the flavour of the preparation. The above directions are usually given for making the prepared cocoa. The rock cocoa, or that bought in a solid piece, should be scraped, and made in the same manner, taking care to rub down all the lumps before the boiling liquid is added.



COCOA-BEAN.

Sufficient—2 teaspoonfuls of prepared cocoa for 1 breakfast-cup, or $\frac{1}{4}$ oz. of the rock cocoa for the same quantity.

COWSLIP WINE.

1817. **INGREDIENTS.**—To every gallon of water allow 3 lbs. of lump sugar, the rind of 2 lemons, the juice of 1, the rind and juice of 1 Seville orange, 1 gallon of cowslip pips. To every 4 $\frac{1}{2}$ gallons of wine allow 1 bottle of brandy.

Mode.—Boil the sugar and water together for $\frac{1}{2}$ hour, carefully removing all the scum as it rises. Pour this boiling liquor on the orange and lemon-rinds, and the juice, which should be strained; when milk-warm, add the cowslip pips or flowers, picked from the stalks and seeds; and to 9 gallons of wine 3 tablespoonfuls of good fresh brewers' yeast. Let it ferment 3 or 4 days; then put all together in a cask with the brandy, and let it remain for 2 months, when bottle it off for use.

Time.—To be boiled $\frac{1}{2}$ hour; to ferment 3 or 4 days; to remain in the cask 2 months.

Average cost, exclusive of the cowslips, which may be picked in the fields, 2s. 9d. per gallon.

Seasonable.—Make this in April or May.

ELDER WINE.

1818. **INGREDIENTS.**—To every 3 gallons of water allow 1 peck of elderberries; to every gallon of juice allow 3 lbs. of sugar, $\frac{1}{2}$ oz. of ground ginger, 6 cloves, 1 lb. of good Turkey raisins; $\frac{1}{2}$ pint of brandy to every gallon of wine. To every 9 gallons of wine 3 or 4 tablespoonfuls of fresh brewer's yeast.

Mode.—Pour the water, quite boiling, on the elderberries, which should be picked from the stalks, and let these stand covered for 24 hours; then strain the whole through a sieve or bag, breaking the fruit to express all the juice from it. Measure the liquor, and to every gallon allow the above proportion of sugar. Boil the juice and sugar with the ginger, cloves, and raisins for 1 hour, skimming the liquor the whole time; let it stand until milk-warm, then put it into a clean dry cask, with 3 or 4 tablespoonfuls of good fresh yeast to every 9 gallons of wine. Let it ferment for about a fortnight; then add the brandy, bung up the cask, and let it stand some months before it is bottled, when it will be found excellent. A bunch of hops suspended to a string from the bung, some persons say, will preserve the wine good for several years. Elder wine is usually mulled, and served with sippets of toasted bread and a little grated nutmeg.

Time.—To stand covered 24 hours; to be boiled 1 hour

Average cost, when made at home, 3s. 6d. per gallon.

Seasonable.—Make this in September.

ELDER-BERRY WINE.—The elder-berry is well adapted for the production of wine; its juice contains a considerable portion of the principle necessary for a vigorous fermentation, and its beautiful colour communicates a rich tint to the wine made from it. It is, however, deficient in sweetness, and therefore demands an addition of sugar. It is one of the very best of the genuine old English wines; and a cup of it mulled, just previous to retiring to bed on a winter night, is a thing to be "run for," as Cobbett would say: it is not, however, agreeable to every taste.



ELDER-BERRIES.

GINGER WINE.

1819. **INGREDIENTS.**—To 9 gallons of water allow 27 lbs. of loaf sugar, 9 lemons, 12 oz. of bruised ginger, 3 tablespoonfuls of yeast, 2 lbs. of raisins stoned and chopped, 1 pint of brandy.

Mode.—Boil together for 1 hour in a copper (let it previously be well scoured and beautifully clean) the water, sugar, *lemon-rinds*, and bruised ginger; remove every particle of scum as it rises, and when the liquor is sufficiently boiled, put it into a large tub or pan, as it must not remain in the copper. When nearly cold, add the yeast, which must be thick and very fresh, and, the next day, put all in a dry cask with the strained lemon-juice and chopped raisins. Stir the wine every day for a fortnight; then add the brandy, stop the cask down by degrees, and in a few weeks it will be fit to bottle.

Average cost, 2s. per gallon. *Sufficient* to make 9 gallons of wine.

Seasonable.—The best time for making this wine is either in March or September.

Note.—Wine made early in March will be fit to bottle in June.

GOOSEBERRY VINEGAR.

(An Excellent Recipe.)

1820. **INGREDIENTS.**—2 pecks of crystal gooseberries, 6 gallons of water, 12 lbs. of foots sugar of the coarsest brown quality.

Mode.—Mash the gooseberries (which should be quite ripe) in a tub with a mallet; put to them the water nearly milk-warm; let this stand 24 hours; then strain it through a sieve, and put the sugar to it; mix it well, and tun it. These proportions are for a 9-gallon cask; and if it be not quite full, more water must be added. Let the mixture be stirred from the bottom of the cask two or three times daily for three or four days, to assist the melting of the sugar; then paste a piece of linen cloth over the bunghole, and set the cask in a warm place, *but not in the sun*; any corner of a warm kitchen is the best

situation for it. The following spring it should be drawn off into stone bottles, and the vinegar will be fit for use twelve months after it is made. This will be found a most excellent preparation, greatly superior to much that is sold under the name of the best white wine vinegar. Many years' experience has proved that pickle made with this vinegar will keep, when bought vinegar will not preserve the ingredients. The cost per gallon is merely nominal, especially to those who reside in the country and grow their own gooseberries; the coarse sugar is then the only ingredient to be purchased.

Time.—To remain in the cask 9 months.

Average cost, when the gooseberries have to be purchased, 1s. per gallon; when they are grown at home, 6d. per gallon.

Seasonable.—This should be made the end of June or the beginning of July, when gooseberries are ripe and plentiful.

EFFERVESCING GOOSEBERRY WINE.

1821. *INGREDIENTS.*—To every gallon of water allow 6 lbs. of green gooseberries, 3 lbs. of lump sugar.

Mode.—This wine should be prepared from unripe gooseberries, in order to avoid the flavour which the fruit would give to the wine when in a mature state. Its briskness depends more upon the time of bottling than upon the unripe state of the fruit, for effervescing wine can be made from fruit that is ripe as well as that which is unripe. The fruit should be selected when it has nearly attained its full growth, and consequently before it shows any tendency to ripen. Any bruised or decayed berries, and those that are very small, should be rejected. The blossom and stalk ends should be removed, and the fruit well bruised in a tub or pan, in such quantities as to insure each berry being broken without crushing the seeds. Pour the water (which should be warm) on the fruit, squeeze and stir it with the hand until all the pulp is removed from the skin and seeds, and cover the whole closely for 24 hours; after which, strain it through a coarse bag, and press it with as much force as can be conveniently applied, to extract the whole of the juice and liquor the fruit may contain. To every 40 or 50 lbs. of fruit one gallon more of hot water may be passed through the *marc*, or husks, in order to obtain any soluble matter that may remain, and be again pressed. The juice should be put into a tub or pan of sufficient size to contain all of it, and the sugar added to it. Let it be well stirred until the sugar is dissolved, and place the pan in a warm situation; keep it closely covered, and let it ferment for a day or two. It must then be drawn off into clean casks, placed a little on one side for the scum that

arises to be thrown out, and the casks kept filled with the remaining "must," that should be reserved for that purpose. When the active fermentation has ceased, the casks should be plugged upright, again filled, if necessary, the bungs be put in loosely, and, after a few days, when the fermentation is a little more languid (which may be known by the hissing noise ceasing), the bungs should be driven in tight, and a spile-hole made, to give vent if necessary. About November or December, on a clear fine day, the wine should be racked from its lees into clean casks, which may be rinsed with brandy. After a month, it should be examined to see if it is sufficiently clear for bottling; if not, it must be fined with isinglass, which may be dissolved in some of the wine: 1 oz. will be sufficient for 9 gallons. In March or April, or when the gooseberry bushes begin to blossom, the wine must be bottled, in order to insure its being effervescing.

Seasonable.—Make this the end of May or beginning of June, before the berries ripen.

LEMON SYRUP.

1822. **INGREDIENTS.**—2 lbs. of loaf sugar, 2 pints of water, 1 oz. of citric acid, $\frac{1}{2}$ drachm of essence of lemon.

Mode.—Boil the sugar and water together for $\frac{1}{2}$ hour, and put it into a basin, where let it remain till cold. Beat the citric acid to a powder, mix the essence of lemon with it, then add these two ingredients to the syrup; mix well, and bottle for use. Two tablespoonfuls of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

Sufficient—2 tablespoonfuls of syrup to a tumbler-ful of cold water.

LEMON WINE.

1823. **INGREDIENTS.**—To 4 $\frac{1}{2}$ gallons of water allow the pulp of 50 lemons, the rind of 25, 16 lbs. of loaf sugar, $\frac{1}{2}$ oz. of isinglass, 1 bottle of brandy.

Mode.—Peel and slice the lemons, but use only the rind of 25 of them, and put them into the cold water. Let it stand 8 or 9 days, squeezing the lemons well every day; then strain the water off and put it into a cask with the sugar. Let it work some time, and when it has ceased working, put in the isinglass. Stop the cask down; in about six months put in the brandy and bottle the wine off.

Seasonable.—The best time to make this is in January or February, when lemons are best and cheapest.

MALT WINE.

1824. **INGREDIENTS.**—5 gallons of water, 28 lbs. of sugar, 6 quarts of sweet-wort, 6 quarts of tun, 3 lbs. of raisins, $\frac{1}{2}$ lb. of candy, 1 pint of brandy.

Mode.—Boil the sugar and water together for 10 minutes; skim it well, and put the liquor into a convenient-sized pan or tub. Allow it to cool; then mix it with the sweet-wort and tun. Let it stand for 3 days, then put it into a barrel; here it will work or ferment for another three days or more; then bung up the cask, and keep it undisturbed for 2 or 3 months. After this, add the raisins (whole), the candy, and brandy, and, in 6 months' time, bottle the wine off. Those who do not brew, may procure the sweet-wort and tun from any brewer. Sweet-wort is the liquor that leaves the mash of malt before it is boiled with the hops; tun is the new beer after the whole of the brewing operation has been completed.

Time.—To be boiled 10 minutes; to stand 3 days after mixing; to ferment 3 days; to remain in the cask 2 months before the raisins are added; bottle 6 months after.

Seasonable.—Make this in March or October.

HOME-MADE NOYEAU.

1825. **INGREDIENTS.**—2 oz. of bitter almonds, 1 oz. of sweet ditto, 1 lb. of loaf sugar, the rinds of 3 lemons, 1 quart of Irish whiskey or gin, 1 tablespoonful of clarified honey, $\frac{1}{2}$ pint of new milk.

Mode.—Blanch and pound the almonds, and mix with them the sugar, which should also be pounded. Boil the milk; let it stand till quite cold; then mix all the ingredients together, and let them remain for 10 days, shaking them every day. Filter the mixture through blotting-paper, bottle off for use in small bottles, and seal the corks down. This will be found useful for flavouring many sweet dishes.

Average cost, 2s. 9d.

Sufficient to make about 2½ pints of Noyeau.

Seasonable.—May be made at any time.

ORANGE BRANDY.

(*Excellent.*)

1826. **INGREDIENTS.**—To every $\frac{1}{2}$ gallon of brandy allow $\frac{3}{4}$ pint of Seville orange-juice, 1½ lb. of loaf sugar.

Mode.—To bring out the full flavour of the orange-peel, rub a few lumps of the sugar on 2 or 3 unpared oranges, and put these lumps to

the rest. Mix the brandy with the orange-juice, strained, the rinds of 6 of the oranges pared very thin, and the sugar. Let all stand in a closely-covered jar for about 3 days, stirring it 3 or 4 times a day. When clear, it should be bottled and closely corked for a year; it will then be ready for use, but will keep any length of time. This is a most excellent stomachic when taken pure in small quantities; or, as the strength of the brandy is very little deteriorated by the other ingredients, it may be diluted with water.

Time.—To be stirred every day for 3 days.

Average cost, 7s.

Sufficient to make 2 quarts. Seasonable.—Make this in March.

A VERY SIMPLE AND EASY METHOD OF MAKING A VERY SUPERIOR ORANGE WINE.

1827. *INGREDIENTS.*—90 Sevilla oranges, 32 lbs. of lump sugar, water.

Mode.—Break up the sugar into small pieces, and put it into a dry, sweet 9-gallon cask, placed in a cellar or other storehouse, where it is intended to be kept. Have ready close to the cask two large pans or wooden keelers, into one of which put the peel of the oranges pared quite thin, and into the other the pulp after the juice has been squeezed from it. Strain the juice through a piece of double muslin, and put it into the cask with the sugar. Then pour about 1½ gallon of cold spring water on both the peels and pulp; let it stand for 24 hours, and then strain it into the cask; add more water to the peels and pulp when this is done, and repeat the same process every day for a week: it should take about a week to fill up the cask. Be careful to apportion the quantity as nearly as possible to the seven days, and to stir the contents of the cask each day. On the *third* day after the cask is full,—that is, the *tenth* day after the commencement of making,—the cask may be securely bunged down. This is a very simple and easy method, and the wine made according to it will be pronounced to be most excellent. There is no troublesome boiling, and all fermentation takes place in the cask. When the above directions are attended to, the wine cannot fail to be good. It should be bottled in 8 or 9 months, and will be fit for use in a twelvemonth after the time of making. Ginger wine may be made in precisely the same manner, only, with the 9-gallon cask for ginger wine, 2 lbs. of the best whole ginger, *bruised*, must be put with the sugar. It will be found convenient to tie the ginger loosely in a muslin bag.

Time.—Altogether, 10 days to make it.

Average cost, 2s. 6d. per gallon. Sufficient for 9 gallons.

Seasonable.—Make this in March, and bottle it the following January.

RASPBERRY VINEGAR.

1828. **INGREDIENTS.**—To every 3 pints of the best vinegar allow $4\frac{1}{2}$ pints of freshly-gathered raspberries; to each pint of liquor allow 1 lb. of pounded loaf sugar, 1 wineglassful of brandy.

Mode.—Let the raspberries be freshly gathered; pick them from the stalks, and put $1\frac{1}{2}$ pint of them into a stone jar; pour 3 pints of the best vinegar over them, and let them remain for 24 hours; then strain the liquor over another $1\frac{1}{2}$ pint of fresh raspberries. Let them remain another 24 hours, and the following day repeat the process for the third time; then drain off the liquor without pressing, and pass it through a jelly-bag (previously wetted with plain vinegar), into a stone jar. Add to every pint of the liquor 1 lb. of pounded loaf sugar; stir them together, and, when the sugar is dissolved, cover the jar; set it upon the fire in a saucepan of boiling water, and let it boil for an hour, removing the scum as fast as it rises; add to each pint a glass of brandy, bottle it, and seal the corks. This is an excellent drink in cases of fevers and colds: it should be diluted with cold water, according to the taste or requirement of the patient.

Time.—To be boiled 1 hour. *Average cost, 1s. per pint.*

Sufficient to make 2 quarts.

Seasonable.—Make this in July or August, when raspberries are most plentiful.

RHUBARB WINE.

1829. **INGREDIENTS.**—To every 5 lbs. of rhubarb pulp allow 1 gallon of cold spring water; to every gallon of liquor allow 3 lbs. of loaf sugar, $\frac{1}{2}$ oz. of isinglass, the rind of 1 lemon.

Mode.—Gather the rhubarb about the middle of May; wipe it with a wet cloth, and, with a mallet, bruise it in a large wooden tub or other convenient means. When reduced to a pulp, weigh it, and to every 5 lbs. add 1 gallon of cold spring water; let these remain for 3 days, stirring 3 or 4 times a day; and, on the fourth day, press the pulp through a hair sieve; put the liquor into a tub, and to every gallon put 3 lbs. of loaf sugar; stir in the sugar until it is quite dissolved, and add the lemon-rind; let the liquor remain, and, in 4, 5, or 6 days, the fermentation will begin to subside, and a crust or head will be formed, which should be skimmed off, or the liquor drawn from it, when the crust begins to crack or separate. Put the wine into a cask, and if, after that, it ferments, rack it off into

another cask, and in a fortnight stop it down. If the wine should have lost any of its original sweetness, add a little more loaf sugar, taking care that the cask is full. Bottle it off in February or March, and in the summer it should be fit to drink. It will improve greatly by keeping; and, should a very brilliant colour be desired, add a little currant-juice.

Seasonable.—Make this about the middle of May.

WELSH NECTAR.

1830. **INGREDIENTS.**—1 lb. of raisins, 3 lemons, 2 lbs. of loaf sugar, $\frac{1}{2}$ gallons of boiling water.

Mode.—Cut the peel of the lemons very thin, pour upon it the boiling water, and, when cool, add the strained juice of the lemons, the sugar, and the raisins, stoned and chopped very fine. Let it stand 4 or 5 days, stirring it every day; then strain it through a jelly-bag, and bottle it for present use.

Time.—4 or 5 days. *Average cost,* 1s. 9d.

Sufficient to make 2 gallons.

CLARET-CUP.

1831. **INGREDIENTS.**—1 bottle of claret, 1 bottle of soda-water, about $\frac{1}{2}$ lb. of pounded ice, 4 tablespoonfuls of powdered sugar, $\frac{1}{4}$ teaspoonful of grated nutmeg, 1 liqueur-glass of Maraschino, a sprig of green borage.



CLARET-CUP.

Mode.—Put all the ingredients into a silver cup, regulating the proportion of ice by the state of the weather: if very warm, a larger quantity would be necessary. Hand the cup round with a clean napkin passed through one of the handles, that the edge of the cup may be wiped after each guest

has partaken of the contents thereof.

Seasonable in summer.

CLARETS.—All those wines called in England clarets are the produce of the country round Bordeaux, or the Bordelais; but it is remarkable that there is no pure wine in France known by the name of claret, which is a corruption of *clairer*, a term that is applied there to any red or rose-coloured wine. Round Bordeaux are produced a number of wines of the first quality, which pass under the name simply of *vins de Bordeaux*, or have the designation of the particular district where they are made; as Lafitte, Latour, &c. The clarets brought to the English market are frequently prepared for it by the wine-growers by mixing together several Bordeaux wines, or by adding to them a portion of some other wines; but in France the pure wines are carefully preserved distinct. The genuine wines of Bordeaux are of great variety, that part being one of the most distinguished in France; and the principal vineyards are those of Medoc, Palus, Graves, and Blanche, the product of each having characters considerably different.

CHAMPAGNE-CUP.

1832. **INGREDIENTS.**—1 quart bottle of champagne, 2 bottles of soda-water, 1 liqueur-glass of brandy or Curaçoa, 2 tablespoonfuls of powdered sugar, 1 lb. of pounded ice, a sprig of green borage.

Mode.—Put all the ingredients into a silver cup; stir them together, and serve the same as claret-cup No. 1831. Should the above proportion of sugar not be found sufficient to suit some tastes, increase the quantity. When borage is not easily obtainable, substitute for it a few slices of cucumber-rind.

Seasonable.—Suitable for pic-nics, balls, weddings, and other festive occasions.

CHAMPAGNE.—This, the most celebrated of French wines, is the produce chiefly of the province of that name, and is generally understood in England to be a brisk, effervescing, or sparkling white wine, of a very fine flavour; but this is only one of the varieties of this class. There is both red and white champagne, and each of these may be either still or brisk. There are the sparkling wines (*mousseux*), and the still wines (*non-mousseux*). The brisk are in general the most highly esteemed, or, at least, are the most popular in this country, on account of their delicate flavour and the agreeable pungency which they derive from the carbonic acid they contain, and to which they owe their briskness.

GINGER BEER.

1833. **INGREDIENTS.**—2½ lbs. of loaf sugar, 1½ oz. of bruised ginger, 1 oz. of cream of tartar, the rind and juice of 2 lemons, 3 gallons of boiling water, 2 large tablespoonfuls of thick and fresh brewer's yeast.

Mode.—Peel the lemons, squeeze the juice, strain it, and put the peel and juice into a large earthen pan, with the bruised ginger, cream of tartar, and loaf sugar. Pour over these ingredients 3 gallons of boiling water; let it stand until just warm, when add the yeast, which should be thick and perfectly fresh. Stir the contents of the pan well, and let them remain near the fire all night, covering the pan over with a cloth. The next day skim off the yeast, and pour the liquor carefully into another vessel, leaving the sediment; then bottle immediately, and tie the corks down, and in 3 days the ginger beer will be fit for use. For some tastes, the above proportion of sugar may be found rather too large, when it may be diminished; but the beer will not keep so long good.

Average cost for this quantity, 2s.; or ¼d. per bottle.

Sufficient to fill 4 dozen ginger-beer bottles.

Seasonable.—This should be made during the summer months

LEMONADE.

1834. **INGREDIENTS.**—The rind of 2 lemons, the juice of 3 large or 4 small ones, ½ lb. of loaf sugar, 1 quart of boiling water.

Mode.—Rub some of the sugar, in lumps, on 2 of the lemons until they have imbibed all the oil from them, and put it with the remainder of the sugar into a jug; add the lemon-juice (but no pipe), and pour over the whole a quart of boiling water. When the sugar is dissolved, strain the lemonade through a fine sieve or piece of muslin, and, when cool, it will be ready for use. The lemonade will be much improved by having the white of an egg beaten up in it; a little sherry mixed with it, also, makes this beverage much nicer.

Average cost, 6d. per quart.

LEMONADE.—"There is a current opinion among women," says Brillat Savarin, "which every year causes the death of many young women,—that acids, especially vinegar, are preventives of obesity. Beyond all doubt, acids have the effect of destroying obesity; but they also destroy health and freshness. Lemonade is, of all acids, the most harmless; but few stomachs can resist it long. I know, in 1776, at Dijon, a young lady of great beauty, to whom I was attached by bonds of friendship, great, almost, as those of love. One day, when she had for some time gradually grown pale and thin (previously she had a slight *embonpoint*), she told me in confidence, that, as her young friends had ridiculed her for being fat, she had, to counteract the tendency, been in the habit every day of drinking a large glass of *vinaigre*. She died at eighteen years of age, from the effect of these potions."

TO MAKE NEGUS.

1835. **INGREDIENTS.**—To every pint of port wine allow 1 quart of boiling water, $\frac{1}{2}$ lb. of sugar, 1 lemon, grated nutmeg to taste.

Mode.—As this beverage is more usually drunk at children's parties than at any other, the wine need not be very old or expensive for the purpose, a new fruity wine answering very well for it. Put the wine into a jug, rub some lumps of sugar (equal to $\frac{1}{2}$ lb.) on the lemon-rind until all the yellow part of the skin is absorbed, then squeeze the juice, and strain it. Add the sugar and lemon-juice to the port wine, with the grated nutmeg; pour over it the boiling water, cover the jug, and, when the beverage has cooled a little, it will be fit for use. Negus may also be made of sherry, or any other sweet white wine, but is more usually made of port than of any other beverage.

Sufficient.—Allow 1 pint of wine, with the other ingredients in proportion, for a party of 9 or 10 children.

A PLEASANT DRINK FOR WARM WEATHER.

1836. **INGREDIENTS.**—To every $1\frac{1}{2}$ pint of good ale allow 1 bottle of ginger beer.

Mode.—For this beverage the ginger beer must be in an effervescing state, and the beer not in the least turned or sour. Mix them together, and drink immediately. The draught is refreshing and wholesome, as the ginger corrects the action of the beer. It does not deteriorate by standing a little, but, of course, is better when taken fresh.

FOR A SUMMER DRAUGHT.

1837. **INGREDIENTS.**—The juice of 1 lemon, a tumbler-ful of cold water, pounded sugar to taste, $\frac{1}{2}$ small teaspoonful of carbonate of soda.

Mode.—Squeeze the juice from the lemon; strain, and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put in the soda, stir well, and drink while the mixture is in an effervescing state.

TO MULL WINE.

1838. **INGREDIENTS.**—To every pint of wine allow 1 large cupful of water, sugar and spice to taste.

Mode.—In making preparations like the above, it is very difficult to give the exact proportions of ingredients like sugar and spice, as what quantity might suit one person would be to another quite distasteful. Boil the spice in the water until the flavour is extracted, then add the wine and sugar, and bring the whole to the boiling-point, when serve with strips of crisp dry toast, or with biscuits. The spices usually used for mulled wine are cloves, grated nutmeg, and cinnamon or mace. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose; and the latter requires a very large proportion of sugar. The vessel that the wine is boiled in must be delicately clean, and should be kept exclusively for the purpose. Small tin warmers may be purchased for a trifle, which are more suitable than saucepans, as, if the latter are not scrupulously clean, they will spoil the wine, by imparting to it a very disagreeable flavour. These warmers should be used for no other purposes.

TO MAKE HOT PUNCH.

1839. **INGREDIENTS.**— $\frac{1}{2}$ pint of rum, $\frac{1}{2}$ pint of brandy, $\frac{1}{2}$ lb. of sugar, 1 large lemon, $\frac{1}{2}$ teaspoonful of nutmeg, 1 pint of boiling water.

Mode.—Rub the sugar over the lemon until it has absorbed all the yellow part of the skin, then put the sugar into a punchbowl; add the lemon-juice (free from pips), and mix these two ingredients well together. Pour over them the boiling water, stir well together, add the rum, brandy, and nutmeg; mix thoroughly, and the punch will be ready to serve. It is very important in making good punch that all the ingredients are thoroughly



PUNCH-BOWL AND LADLE.

incorporated; and to insure success, the processes of mixing must be diligently attended to.

Sufficient.—Allow a quart for 4 persons; but this information must be taken *cum grano salis*; for the capacities of persons for this kind of beverage are generally supposed to vary considerably.

PUNCH is a beverage made of various spirituous liquors or wine, hot water, the acid juice of fruits, and sugar. It is considered to be very intoxicating; but this is probably because the spirit being partly sheathed by the mucilaginous juice and the sugar, its strength does not appear to the taste so great as it really is. Punch, which was almost universally drunk among the middle classes about fifty or sixty years ago, has almost disappeared from our domestic tables, being superseded by wine. There are many different varieties of punch. It is sometimes kept cold in bottles, and makes a most agreeable summer drink. In Scotland, instead of the Madeira or sherry generally used in its manufacture, whiskey is substituted, and then its insidious properties are more than usually felt. Where fresh lemons cannot be had for punch or similar beverages, crystallized citric acid and a few drops of the essence of lemon will be very nearly the same thing. In the composition of "Regent's punch," champagne, brandy, and *veritable Martinique* are required; "Norfolk punch" requires Seville oranges; "Milk punch" may be extemporised by adding a little hot milk to lemonade, and then straining it through a jelly-bag. Then there are "Wine punch," "Tea punch," and "French punch," made with lemons, spirits, tea, and wine, in fantastic proportions. But of all the compounds of these materials, perhaps, for a summer drink, the North-American "mint julep" is the most inviting. Captain Marryat gives the following recipe for its preparation:—"Put into a tumbler about a dozen sprigs of the tender shoots of mint; upon them put a spoonful of white sugar, and equal proportions of peach and common brandy, so as to fill up one third, or, perhaps, a little less; then take rasped or pounded ice, and fill up the tumbler. Epicures rub the lips of the tumbler with a piece of fresh pineapple; and the tumbler itself is very often encrusted outside with stalactites of ice. As the ice melts, you drink." The Virginians, says Captain Marryat, claim the merit of having invented this superb compound; but, from a passage in the "Comus" of Milton, he claims it for his own country.

WHISKEY CORDIAL.

1840. **INGREDIENTS.**—1 lb. of ripe white currants, the rind of 2 lemons, $\frac{1}{4}$ oz. of grated ginger, 1 quart of whiskey, 1 lb. of lump sugar.

Mode.—Strip the currants from the stalks; put them into a large jug; add the lemon-rind, ginger, and whiskey; cover the jug closely, and let it remain covered for 24 hours. Strain through a hair sieve, add the lump sugar, and let it stand 12 hours longer; then bottle, and cork well.

Time.—To stand 24 hours before being strained; 12 hours after the sugar is added.

Seasonable.—Make this in July.

INVALID COOKERY.

CHAPTER XXXVIII

A FEW RULES TO BE OBSERVED IN COOKING FOR INVALIDS.

1841. LET all the kitchen utensils used in the preparation of invalids' cookery be delicately and *scrupulously clean*; if this is not the case, a disagreeable flavour may be imparted to the preparation, which flavour may disgust, and prevent the patient from partaking of the refreshment when brought to him or her.

1842. For invalids, never make a large quantity of *one thing*, as they seldom require much at a time; and it is desirable that variety be provided for them.

1843. Always have something in readiness; a little beef tea, nicely made and nicely skimmed, a few spoonfuls of jelly, &c. &c., that it may be administered as soon almost as the invalid wishes for it. If obliged to wait a long time, the patient loses the desire to eat, and often turns against the food when brought to him or her.

1844. In sending dishes or preparations up to invalids, let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, &c., be very clean and bright. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer.

1845. As milk is an important article of food for the sick, in warm weather let it be kept on ice, to prevent its turning sour. Many other delicacies may also be preserved good in the same manner for some little time.

1846. If the patient be allowed to eat vegetables, never send them up undercooked, or half raw; and let a small quantity only be temptingly arranged on a dish. This rule will apply to every preparation, as an invalid is much more likely to enjoy his food if small delicate pieces are served to him.

1847. Never leave food about a sick room; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time. Miss Nightingale says, "To leave the patient's untasted food by his side, from meal to meal, in hopes that he will eat it in the interval, is simply

to prevent him from taking any food at all. She says, "I have known patients literally incapacitated from taking one article of food after another by this piece of ignorance. Let the food come at the right time, and be taken away, eaten or uneaten, at the right time, but never let a patient have 'something always standing' by him, if you don't wish to disgust him of everything."

1848. Never serve beef tea or broth with the *smallest particle* of fat or grease on the surface. It is better, after making either of these, to allow them to get perfectly cold, when *all the fat* may be easily removed; then warm up as much as may be required. Two or three pieces of clean whity-brown paper laid on the broth will absorb any greasy particles that may be floating at the top, as the grease will cling to the paper.

1849. Roast mutton, chickens, rabbits, calves' feet or head, game, fish (simply dressed), and simple puddings, are all light food, and easily digested. Of course, these things are only partaken of, supposing the patient is recovering.

1850. A mutton chop, nicely cut, trimmed, and broiled to a turn, is a dish to be recommended for invalids; but it must not be served *with all the fat* at the end, nor must it be too thickly cut. Let it be cooked over a fire free from smoke, and sent up with the gravy in it, between two very hot plates. Nothing is more disagreeable to an invalid than smoked food.

1851. In making toast-and-water, never blacken the bread, but toast it only a nice brown. Never leave toast-and-water to make until the moment it is required, as it cannot then be properly prepared,—at least, the patient will be obliged to drink it warm, which is anything but agreeable.

1852. In boiling eggs for invalids, let the white be just set; if boiled hard, they will be likely to disagree with the patient.

1853. In Miss Nightingale's admirable "Notes on Nursing," a book that no mother or nurse should be without, she says,—"You cannot be too careful as to quality in sick diet. A nurse should never put before a patient milk that is sour, meat or soup that is turned, an egg that is bad, or vegetables underdone." Yet often, she says, she has seen these things brought in to the sick, in a state perfectly perceptible to every nose or eye except the nurse's. It is here that the clever nurse appears,—she will not bring in the peccant article; but, not to disappoint the patient, she will whip up something else in a few minutes. Remember, that sick cookery should half do the work of your poor patient's weak digestion.

1854. She goes on to caution nurses, by saying,—"Take care not to spill into your patient's saucer; in other words, take care that the outside bottom rim of his cup shall be quite dry and clean. If, every time he lifts his cup to his lips, he has to carry the saucer with it, or else to drop the liquid upon and to soil his sheet, or bedgown, or pillow, or, if he is sitting up, his dress, you have no idea what a difference this minute want of care on your part makes to his comfort, and even to his willingness for food."

RECIPES.

CHAPTER XXXIX.

TO MAKE ARROWROOT.

1855. **INGREDIENTS.**—Two teaspoonfuls of arrowroot, 3 tablespoonfuls of cold water, $\frac{1}{2}$ pint of boiling water.

Mode.—Mix the arrowroot smoothly in a basin with the cold water, then pour on it the *boiling* water, *stirring* all the time. The water must be *boiling* at the time it is poured on the mixture, or it will not thicken; if mixed with hot water only, it must be put into a clean saucepan, and boiled until it thickens; but this is more trouble, and quite unnecessary if the water is boiling at first. Put the arrowroot into a tumbler, sweeten it with lump sugar, and flavour it with grated nutmeg or cinnamon, or a piece of lemon-peel, or, when allowed, 3 tablespoonfuls of port or sherry. As arrowroot is in itself flavourless and insipid, it is almost necessary to add the wine to make it palatable. Arrowroot made with milk instead of water is far nicer, but is not so easily digested. It should be mixed in the same manner, with 3 tablespoonfuls of cold water, the boiling milk then poured on it, and well stirred. When made in this manner, no wine should be added, but merely sugar, and a little grated nutmeg or lemon-peel.

Time.—If obliged to be boiled, 2 minutes. *Average cost*, 2d. per pint.

Sufficient to make $\frac{1}{2}$ pint of arrowroot.

MISS NIGHTINGALE says, in her "Notes on Nursing," that arrowroot is a grand dependence of the nurse. As a vehicle for wine, and as a restorative quickly prepared, it is all very well, but it is nothing but starch and water; flour is both more nutritive and less liable to ferment, and is preferable wherever it can be used.

BARLEY GRUEL.

1856. **INGREDIENTS.**—2 oz. of Scotch or pearl barley, $\frac{1}{2}$ pint of port wine, the rind of 1 lemon, 1 quart and $\frac{1}{2}$ pint of water, sugar to taste.

Mode.—After well washing the barley, boil it in $\frac{1}{2}$ pint of water for $\frac{1}{2}$ hour; then pour this water away; put to the barley the quart of fresh boiling water, and let it boil until the liquid is reduced to half; then strain it off. Add the wine, sugar, and lemon-peel; simmer for

5 minutes, and put it away in a clean jug. It can be warmed from time to time, as required.

Time.—To be boiled until reduced to half. *Average cost, 1s. 6d.*

Sufficient with the wine to make 1½ pint of gruel.

TO MAKE BARLEY-WATER.

1857. **INGREDIENTS.**—2 oz. of pearl barley, 2 quarts of boiling water, 1 pint of cold water.

Mode.—Wash the barley in cold water; put it into a saucepan with the above proportion of cold water, and when it has boiled for about ¼ hour, strain off the water, and add the 2 quarts of fresh boiling water. Boil it until the liquid is reduced one half; strain it, and it will be ready for use. It may be flavoured with lemon-peel, after being sweetened, or a small piece may be simmered with the barley. When the invalid may take it, a little lemon-juice gives this pleasant drink in illness a very nice flavour.

Time.—To boil until the liquid is reduced one half.

Sufficient to make 1 quart of barley-water.

TO MAKE BEEF TEA.

1858. **INGREDIENTS.**—1 lb. of lean gravy-beef, 1 quart of water, 1 saltspoonful of salt.

Mode.—Have the meat cut without fat and bone, and choose a nice fleshy piece. Cut it into small pieces about the size of dice, and put it into a clean saucepan. Add the water *cold* to it; put it on the fire, and bring it to the boiling-point; then skim well. Put in the salt when the water boils, and *simmer* the beef tea *gently* from ½ to ¾ hour, removing any more scum should it appear on the surface. Strain the tea through a hair sieve, and set it by in a cool place. When wanted for use, remove every particle of fat from the top; warm up as much as may be required, adding, if necessary, a little more salt. This preparation is simple beef tea, and is to be administered to those invalids to whom flavourings and seasonings are not allowed. When the patient is very low, use double the quantity of meat to the same proportion of water. Should the invalid be able to take the tea prepared in a more palatable manner, it is easy to make it so by following the directions in the next recipe, which is an admirable one for making savoury beef tea. Beef tea is always better when made the day before it is wanted, and then warmed up. It is a good plan to put the tea into a small cup or basin, and to place this basin in a saucepan of boiling water. When the tea is warm, it is ready to serve.

Time.— $\frac{1}{2}$ to $\frac{3}{4}$ hour. *Average cost*, 6d. per pint.

Sufficient.—Allow 1 lb. of meat for a pint of good beef tea.

Mrs NIGHTINGALE says, one of the most common errors among nurses, with respect to sick diet, is the belief that beef tea is the most nutritive of all articles. She says, "Just try and boil down a lb. of beef into beef tea; evaporate your beef tea, and see what is left of your beef; you will find that there is barely a teaspoonful of solid nourishment to $\frac{1}{2}$ pint of water in beef tea. Nevertheless, there is a certain reparative quality in it,—we do not know what,—as there is in tea; but it may be safely given in almost any inflammatory disease, and is as little to be depended upon with the healthy or convalescent, where much nourishment is required."

SAVOURY BEEF TEA.

(*Soyer's Recipe.*)

1859. **INGREDIENTS.**—1 lb. of solid beef, 1 oz. of butter, 1 clove, 2 button onions or $\frac{1}{2}$ a large one, 1 saltspoonful of salt, 1 quart of water.

Mode.—Cut the beef into very small dice; put it into a stewpan with the butter, clove, onion, and salt; stir the meat round over the fire for a few minutes, until it produces a thin gravy; then add the water, and let it simmer gently from $\frac{1}{2}$ to $\frac{3}{4}$ hour, skimming off every particle of fat. When done, strain it through a sieve, and put it by in a cool place until required. The same, if wanted quite plain, is done by merely omitting the vegetables, salt, and clove; the butter cannot be objectionable, as it is taken out in skimming.

Time.— $\frac{1}{2}$ to $\frac{3}{4}$ hour. *Average cost*, 8d. per pint.

Sufficient.—Allow 1 lb. of beef to make 1 pint of good beef tea.

Note.—The meat left from beef tea may be boiled a little longer, and pounded, with spices, &c., for potting. It makes a very nice breakfast dish.

Dr. CHRISTISON says that "every one will be struck with the readiness with which certain classes of patients will often take diluted meat juice, or beef tea repeatedly, when they refuse all other kinds of food." This is particularly remarkable in cases of gastric fever, in which, he says, little or nothing else besides beef tea, or diluted meat juice, has been taken for weeks, or even months; and yet a pint of beef tea contains scarcely $\frac{1}{2}$ oz. of anything but water. The result is so striking, that he asks, "What is its mode of action? Not simple nutriment; $\frac{1}{2}$ oz. of the most nutritive material cannot nearly replace the daily wear and tear of the tissue in any circumstances." Possibly, he says, it belongs to a new denomination of remedies.

BAKED BEEF TEA.

1860. **INGREDIENTS.**—1 lb. of fleshy beef, 1 $\frac{1}{2}$ pint of water, $\frac{1}{2}$ saltspoonful of salt.

Mode.—Cut the beef into small square pieces, after trimming off all the fat, and put it into a baking-jar, with the above proportion of water and salt; cover the jar well, place it in a warm, but not hot oven, and bake for 3 or 4 hours. When the oven is very fierce in the daytime, it is a good plan to put the jar in at night, and let it remain till the next morning, when the tea will be done. It should be strained,

and put by in a cool place until wanted. It may also be flavoured with an onion, a clove, and a few sweet herbs, &c., when the stomach is sufficiently strong to take these.

Time.—3 or 4 hours, or to be left in the oven all night.

Average cost, 6*d.* per pint.

Sufficient.—Allow 1 lb. of meat for 1 pint of good beef tea.

BAKED OR STEWED CALF'S FOOT.

1861. *INGREDIENTS.*—1 calf's foot, 1 pint of milk, 1 pint of water, 1 blade of mace, the rind of $\frac{1}{2}$ lemon, pepper and salt to taste.

Mode.—Well clean the foot, and either stew or bake it in the milk-and-water with the other ingredients from 3 to 4 hours. To enhance the flavour, an onion and a small quantity of celery may be added, if approved; $\frac{1}{2}$ a teacupful of cream, stirred in just before serving, is also a great improvement to this dish.

Time.—3 to 4 hours. *Average cost*, in full season, 9*d.* each.

Sufficient for 1 person. *Seasonable* from March to October.

CALF'S-FOOT BROTH.

1862. *INGREDIENTS.*—1 calf's foot, 3 pints of water, 1 small lump of sugar, nutmeg to taste, the yolk of 1 egg, a piece of butter the size of a nut.

Mode.—Stew the foot in the water, with the lemon-peel, *very gently*, until the liquid is half wasted, removing any scum, should it rise to the surface. Set it by in a basin until quite cold, then take off every particle of fat. Warm up about $\frac{1}{4}$ pint of the broth, adding the butter, sugar, and a very small quantity of grated nutmeg; take it off the fire for a minute or two, then add the beaten yolk of the egg; keep stirring over the fire until the mixture thickens, but do not allow it to boil again after the egg is added, or it will curdle, and the broth will be spoiled.

Time.—To be boiled until the liquid is reduced one half.

Average cost, in full season, 9*d.* each.

Sufficient to make 1 $\frac{1}{2}$ pint of broth.

Seasonable from March to October.

CHICKEN BROTH.

1863. *INGREDIENTS.*— $\frac{1}{2}$ fowl, or the inferior joints of a whole one; 1 quart of water, 1 blade of mace, $\frac{1}{2}$ onion, a small bunch of sweet herbs, salt to taste, 10 peppercorns.

Mode.—An old fowl not suitable for eating may be converted into very good broth, or, if a young one be used, the inferior joints may be

put in the broth, and the best pieces reserved for dressing in some other manner. Put the fowl into a saucepan, with all the ingredients, and simmer gently for 1½ hour, carefully skimming the broth well. When done, strain, and put by in a cool place until wanted; then take all the fat off the top, warm up as much as may be required, and serve. This broth is, of course, only for those invalids whose stomachs are strong enough to digest it, with a flavouring of herbs, &c. It may be made in the same manner as beef tea, with water and salt only; but the preparation will be but tasteless and insipid. When the invalid cannot digest this chicken broth with the flavouring, we would recommend plain beef tea in preference to plain chicken tea, which it would be without the addition of herbs, onions, &c.

Time.—1½ hour.

Sufficient to make rather more than 1 pint of broth.

NUTRITIOUS COFFEE.

1864. **INGREDIENTS.**—¼ oz. of ground coffee, 1 pint of milk.

Mode.—Let the coffee be freshly ground; put it into a saucepan, with the milk, which should be made nearly boiling before the coffee is put in, and boil both together for 3 minutes; clear it by pouring some of it into a cup, and then back again, and leave it on the hob for a few minutes to settle thoroughly. This coffee may be made still more nutritious by the addition of an egg well beaten, and put into the coffee-cup.

Time.—5 minutes to boil, 5 minutes to settle.

Sufficient to make 1 large breakfast-cupful of coffee.

Our great nurse Miss Nightingale remarks, that "a great deal too much against tea is said by wise people, and a great deal too much of tea is given to the sick by foolish people. When you see the natural and almost universal craving in English sick for their 'tea,' you cannot but feel that Nature knows what she is about. But a little tea or coffee restores them quite as much as a great deal; and a great deal of tea, and especially of coffee, impairs the little power of digestion they have. Yet a nurse, because she sees how one or two cups of tea or coffee restore her patient, thinks that three or four cups will do twice as much. This is not the case at all; it is, however, certain that there is nothing yet discovered which is a substitute to the English patient for his cup of tea; he can take it when he can take nothing else, and he often can't take anything else, if he has it not. Coffee is a better restorative than tea, but a greater impairer of the digestion. In making coffee, it is absolutely necessary to buy it in the berry, and grind it at home; otherwise, you may reckon upon its containing a certain amount of chicory, *at least*. This is not a question of the taste, or of the wholesomeness of chicory; it is, that chicory has nothing at all of the properties for which you give coffee, and, therefore, you may as well not give it."

THE INVALID'S OUTLET.

1865. **INGREDIENTS.**—1 nice outlet from a loin or neck of mutton, 2 teacupfuls of water, 1 very small stick of celery, pepper and salt to taste.

Mode.—Have the outlet cut from a very nice loin or neck of

mutton; take off all the fat; put it into a stewpan, with the other ingredients; stew *very gently* indeed for nearly 2 hours, and skim off every particle of fat that may rise to the surface from time to time. The celery should be cut into thin slices before it is added to the meat, and care must be taken not to put in too much of this ingredient, or the dish will not be good. If the water is allowed to boil fast, the outlet will be hard.

Time.—2 hours' very gentle stewing. *Average cost, 6d.*

Sufficient for 1 person. *Seasonable* at any time.

EEL BROTH.

1866. **INGREDIENTS.**— $\frac{1}{2}$ lb. of eels, a small bunch of sweet herbs, including parsley; $\frac{1}{2}$ onion, 10 peppercorns, 3 pints of water, 2 cloves, salt and pepper to taste.

Mode.—After having cleaned and skinned the eel, cut it into small pieces, and put it into a stewpan, with the other ingredients; simmer gently until the liquid is reduced nearly half, carefully removing the scum as it rises. Strain it through a hair sieve; put it by in a cool place, and, when wanted, take off all the fat from the top, warm up as much as is required, and serve with sippets of toasted bread. This is a very nutritious broth, and easy of digestion.

Time.—To be simmered until the liquor is reduced to half.

Average cost, 6d.

Sufficient to make $1\frac{1}{2}$ pint of broth.

Seasonable from June to March.

EGG WINE.

1867. **INGREDIENTS.**—1 egg, 1 tablespoonful and $\frac{1}{2}$ glass of cold water, 1 glass of sherry, sugar and grated nutmeg to taste.

Mode.—Beat the egg, mixing with it a tablespoonful of cold water; make the wine-and-water hot, but not boiling; pour it on the egg, stirring all the time. Add sufficient lump sugar to sweeten the mixture, and a little grated nutmeg; put all into a very clean saucepan, set it on a gentle fire, and stir the contents one way until they thicken, but *do not allow them to boil*. Serve in a glass with sippets of toasted bread or plain crisp biscuits. When the egg is not warmed, the mixture will be found easier of digestion, but it is not so pleasant a drink.

Sufficient for 1 person.

TO MAKE GRUEL.

1868. **INGREDIENTS.**—1 tablespoonful of Robinson's patent groats, 2 tablespoonfuls of cold water, 1 pint of boiling water.

Mode.—Mix the prepared groats smoothly with the cold water in a basin; pour over them the boiling water, stirring it all the time. Put it into a very clean saucepan; boil the gruel for 10 minutes, keeping it well stirred; sweeten to taste, and serve. It may be flavoured with a small piece of lemon-peel, by boiling it in the gruel, or a little grated nutmeg may be put in; but in these matters the taste of the patient should be consulted. Pour the gruel in a tumbler and serve. When wine is allowed to the invalid, 2 tablespoonfuls of sherry or port make this preparation very nice. In cases of colds, the same quantity of spirits is sometimes added instead of wine.

Time.—10 minutes.

Sufficient to make a pint of gruel.

INVALID'S JELLY.

1869. **INGREDIENTS.**—12 shanks of mutton, 3 quarts of water, a bunch of sweet herbs, pepper and salt to taste, 3 blades of mace, 1 onion, 1 lb. of lean beef, a crust of bread toasted brown.

Mode.—Soak the shanks in plenty of water for some hours, and scrub them well; put them, with the beef and other ingredients, into a saucepan with the water, and let them simmer very gently for 5 hours. Strain the broth, and, when cold, take off all the fat. It may be eaten either warmed up or cold as a jelly.

Time.—5 hours. *Average cost*, 1s.

Sufficient to make from 1½ to 2 pints of jelly.

Seasonable at any time.

LEMONADE FOR INVALIDS.

1870. **INGREDIENTS.**—½ lemon, lump sugar to taste, 1 pint of boiling water.

Mode.—Pare off the rind of the lemon thinly; cut the lemon into 2 or 3 thick slices, and remove as much as possible of the white outside pith, and all the pips. Put the slices of lemon, the peel, and lump sugar into a jug; pour over the boiling water; cover it closely, and in 2 hours it will be fit to drink. It should either be strained or poured off from the sediment.

Time.—2 hours. *Average cost*, 2d.

Sufficient to make 1 pint of lemonade. *Seasonable* at any time.

NOURISHING LEMONADE.

1871. **INGREDIENTS.**—1½ pint of boiling water, the juice of 4 lemons, the rinds of 2, ½ pint of sherry, 4 eggs, 6 oz. of loaf sugar.

Mode.—Pare off the lemon-rind thinly, put it into a jug with the

sugar, and pour over the boiling water. Let it cool, then strain it; add the wine, lemon-juice, and eggs, previously well beaten, and also strained, and the beverage will be ready for use. If thought desirable, the quantity of sherry and water could be lessened, and milk substituted for them. To obtain the flavour of the lemon-rind properly, a few lumps of the sugar should be rubbed over it, until some of the yellow is absorbed.

Time.—Altogether 1 hour to make it. *Average cost, 1s. 8d.*

Sufficient to make 2½ pints of lemonade. *Seasonable* at any time.

TO MAKE MUTTON BROTH.

1872. *INGREDIENTS.*—1 lb. of the scrag end of the neck of mutton, 1 onion, a bunch of sweet herbs, ¼ turnip, 3 pints of water, pepper and salt to taste.

Mode.—Put the mutton into a stewpan; pour over the water cold and add the other ingredients. When it boils, skim it very carefully, cover the pan closely, and let it simmer very gently for an hour; strain it, let it cool, take off all the fat from the surface, and warm up as much as may be required, adding, if the patient be allowed to take it, a teaspoonful of minced parsley which has been previously scalded. Pearl barley or rice are very nice additions to mutton broth, and should be boiled as long as the other ingredients. When either of these is added, the broth must not be strained, but merely thoroughly skimmed. Plain mutton broth without seasoning is made by merely boiling the mutton, water, and salt together, straining it, letting the broth cool, skimming all the fat off, and warming up as much as is required. This preparation would be very tasteless and insipid, but likely to agree with very delicate stomachs, whereas the least addition of other ingredients would have the contrary effect.

Time.—1 hour. *Average cost, 7d.*

Sufficient to make from 1½ to 2 pints of broth.

Seasonable at any time.

Note.—Veal broth may be made in the same manner; the knuckle of a leg or shoulder is the part usually used for this purpose. It is very good with the addition of the inferior joints of a fowl, or a few shank-bones.

MUTTON BROTH, QUICKLY MADE.

1873. *INGREDIENTS.*—1 or 2 chops from a neck of mutton, 1 pint of water, a small bunch of sweet herbs, ½ of an onion, pepper and salt to taste.

Mode.—Cut the meat into small pieces; put it into a saucepan with the bones, but no skin or fat; add the other ingredients; cover the

saucepan, and bring the water quickly to boil. Take the lid off, and continue the rapid boiling for 20 minutes, skimming it well during the process; strain the broth into a basin; if there should be any fat left on the surface, remove it by laying a piece of thin paper on the top: the greasy particles will adhere to the paper, and so free the preparation from them. To an invalid nothing is more disagreeable than broth served with a quantity of fat floating on the top; to avoid this, it is always better to allow it to get thoroughly cool, the fat can then be so easily removed.

Time.—20 minutes after the water boils. *Average cost*, 5*d.*

Sufficient to make $\frac{1}{2}$ pint of broth. *Seasonable* at any time.

STEWED RABBITS IN MILK.

1874. **INGREDIENTS.**—2 very young rabbits, not nearly half grown; $1\frac{1}{2}$ pint of milk, 1 blade of mace, 1 dessertspoonful of flour, a little salt and cayenne.

Mode.—Mix the flour very smoothly with 4 tablespoonfuls of the milk, and when this is well mixed, add the remainder. Cut up the rabbits into joints, put them into a stewpan, with the milk and other ingredients, and simmer them *very gently* until quite tender. Stir the contents from time to time, to keep the milk smooth and prevent it from burning. $\frac{1}{2}$ hour will be sufficient for the cooking of this dish.

Time.— $\frac{1}{2}$ hour. *Average cost*, from 1*s.* to 1*s.* 6*d.* each.

Sufficient for 3 or 4 meals. *Seasonable* from September to February.

RICE-MILK.

1875. **INGREDIENTS.**—3 tablespoonfuls of rice, 1 quart of milk, sugar to taste; when liked, a little grated nutmeg.

Mode.—Well wash the rice, put it into a saucepan with the milk, and simmer gently until the rice is tender, stirring it from time to time to prevent the milk from burning; sweeten it, add a little grated nutmeg, and serve. This dish is also very suitable and wholesome for children; it may be flavoured with a little lemon-peel, and a little finely-minced suet may be boiled with it, which renders it more strengthening and more wholesome. Tapioca, semolina, vermicelli, and macaroni, may all be dressed in the same manner.

Time.—From $\frac{3}{4}$ to 1 hour. *Seasonable* at any time.

TO MAKE TOAST-AND-WATER.

1876. **INGREDIENTS.**—A slice of bread, 1 quart of boiling water.

Mode.—Cut a slice from a stale loaf (a piece of hard crust is better than anything else for the purpose), toast it of a nice brown on every

side, but *do not allow it to burn or blacken*. Put it into a jug, pour the boiling water over it, cover it closely, and let it remain until cold. When strained, it will be ready for use. Toast-and-water should always be made a short time before it is required, to enable it to get cold: if drunk in a tepid or lukewarm state, it is an exceedingly disagreeable beverage. If, as is sometimes the case, this drink is wanted in a hurry, put the toasted bread into a jug, and only just cover it with the boiling water; when this is cool, cold water may be added in the proportion required,—the toast-and-water strained; it will then be ready for use, and is more expeditiously prepared than by the above method.

TOAST SANDWICHES.

1877. **INGREDIENTS.**—Thin cold toast, thin slices of bread-and-butter, pepper and salt to taste.

Mode.—Place a very thin piece of cold toast between 2 slices of thin bread-and-butter in the form of a sandwich, adding a seasoning of pepper and salt. This sandwich may be varied by adding a little pulled meat, or very fine slices of cold meat, to the toast, and in any of these forms will be found very tempting to the appetite of an invalid.

1878. Besides the recipes contained in this chapter, there are, in the previous chapters on cookery, many others suitable for invalids, which it would be useless to repeat here. Recipes for fish simply dressed, light soups, plain roast meat, well-dressed vegetables, poultry, simple puddings, jelly, stewed fruits, &c. &c., all of which dishes may be partaken of by invalids and convalescents, will be found in preceding chapters.

DINNERS AND DINING.

CHAPTER XL.

1879. MAN, it has been said, is a dining animal. Creatures of the inferior races eat and drink ; man only dines. It has also been said that he is a cooking animal ; but some races eat food without cooking it. A Croat captain said to M. Brillat Savarin, "When, in campaign, we feel hungry, we knock over the first animal we find, cut off a steak, powder it with salt, put it under the saddle, gallop over it for half a mile, and then eat it." Huntsmen in Dauphiny, when out shooting, have been known to kill a bird, pluck it, salt and pepper it, and cook it by carrying it some time in their caps. It is equally true that some races of men do not dine any more than the tiger or the vulture. It is not a *dinner* at which sits the aboriginal Australian, who gnaws his bone half bare and then flings it behind to his squaw. And the native of Terra-del-Fuego does not dine when he gets his morsel of red clay. Dining is the privilege of civilization. The rank which a people occupy in the grand scale may be measured by their way of taking their meals, as well as by their way of treating their women. The nation which knows how to dine has learnt the leading lesson of progress. It implies both the will and the skill to reduce to order, and surround with idealisms and graces, the more material conditions of human existence ; and wherever that will and that skill exist, life cannot be wholly ignoble.

1880. Dinner, being the grand solid meal of the day, is a matter of considerable importance ; and a well-served table is a striking index of human ingenuity and resource. "Their table," says Lord Byron, in describing a dinner-party given by Lord and Lady Amundeville at Norman Abbey,—

" Their table was a board to tempt even ghosts
To pass the Styx for more substantial feasts.
I will not dwell upon ragoûts or roasts,
Albeit all human history attests
That happiness for man—the hungry sinner !—
Since Eve ate apples, much depends on dinner."

And then he goes on to observe upon the curious complexity of the results produced by human cleverness and application catering for the modifications which occur in civilized life, one of the simplest of the primal instincts :—

" The mind is lost in mighty contemplation
Of intellect expended on two courses ;
And indigestion's grand multiplication
Requires arithmetic beyond my forces.
Who would suppose, from Adam's simple ration,
That cookery could have call'd forth such resources,
As form a science and a nomenclature
From out the commonest demands of nature ?"

And we may well say, Who, indeed, would suppose it? The gulf between the Croat, with a steak under his saddle, and Alexis Soyer getting up a great dinner at the Reform Club, or even Thackeray's Mrs. Raymond Gray giving "a little dinner" to Mr. Snob (with one of those famous "roly-poly puddings" of hers),—what a gulf it is!

1881. That Adam's "ration," however, was "simple," is a matter on which we have contrary judgments given by the poets. When Raphael paid that memorable visit to Paradise,—which we are expressly told by Milton he did exactly at dinner-time,—Eve seems to have prepared "a little dinner" not wholly destitute of complexity, and to have added ice-creams and perfumes. Nothing can be clearer than the testimony of the poet on these points:—

" And Eve within, due at her home prepared
For dinner savoury fruits, of taste to please
True appetite, and not disrelish thirst
Of nectarous draughts between. . . .
. . . . With dispatchful looks in haste
She turns, on hospitable thoughts intent,
What choice to choose for delicacy best,
What order so contrived as not to mix
Tastes not well join'd, inelegant, but bring
Taste alter taste, upheld with kindest change—
She tempers dulcet creams
. . . . then strews the ground
With rose and odours."

It may be observed, in passing, that the poets, though they have more to say about wine than solid food, because the former more directly stimulates the intellect and the feelings, do not flinch from the subject of eating and drinking. There is infinite zest in the above passage from Milton, and even more in the famous description of a dainty supper, given by Keats in his "Eve of Saint Agnes." Could Queen Mab herself desire to sit down to anything nicer, both as to its appointments and serving, and as to its quality, than the collation served by Porphyro in the lady's bedroom while she slept?—

" There by the bedside, where the faded moon
Made a dim silver twilight, soft he set
A table, and, half-anguish'd, threw thereon
A cloth of woven crimson, gold, and jet.
While he, from forth the closet, brought a heap
Of candied apple, quince, and plum, and gourd;
With jellies smoother than the creamy curd,
And lucent syrups tinct with cinnamon;
Manna and dates, in argosy transferr'd
From Yez; and spiced dainties, every one,
From sŕken Samarcand to cedar'd Lebanon."

But Tompson has ventured beyond dates, and quinces, and syrups, which may be thought easy to be brought in by a poet. In his idyl of "Audley Court" he gives a most appetizing description of a pasty at a pic-nic:—

" There, on a slope of orchard, Francis laid
A damask napkin wrought with horse and hound;
Brought out a dusky loaf that smelt of home,
And, half cut down, a pasty costly made,
Where quail and pigeon, lark and leveret, lay
Like fossils of the rock, with golden yolks
Imbedded and injellied."

We gladly quote passages like these, to show how eating and drinking may be surrounded with poetical associations, and how man, using his privilege to turn any and every repast into a "feast of reason," with a warm and plentiful "flow of soul," may really count it as not the least of his legitimate prides, that he is "a dining animal."

1882. It has been said, indeed, that great men, in general, are great diners. This, however, can scarcely be true of any great men but men of action; and, in that case, it would simply imply that persons of vigorous constitution, who work hard, eat heartily; for, of course, a life of action *requires* a vigorous constitution, even though there may be much illness, as in such cases as William III. and our brave General Napier. Of men of thought, it can scarcely be true that they eat so much, in a general way, though even they eat more than they are apt to suppose they do; for, as Mr. Lewes observes, "nerve-tissue is very expensive." Leaving great men of all kinds, however, to get their own dinners, let us, who are not great, look after ours. Dine we must, and we may as well dine elegantly as well as wholesomely.

1883. There are plenty of elegant dinners in modern days, and they were not wanting in ancient times. It is well known that the dinner-party, or symposium, was a not unimportant, and not unpoetical, feature in the life of the sociable, talkative, tasteful Greek. Douglas Jerrold said that such is the British humour for dining and giving of dinners, that if London were to be destroyed by an earthquake, the Londoners would meet at a public dinner to consider the subject. The Greeks, too, were great diners: their social and religious polity gave them many chances of being merry and making others merry on good eating and drinking. Any public or even domestic sacrifice to one of the gods, was sure to be followed by a dinner-party, the remains of the slaughtered "offering" being served up on the occasion as a pious *pièce de résistance*; and as the different gods, goddesses, and demigods, worshipped by the community in general, or by individuals, were very numerous indeed, and some very religious people never let a day pass without offering up something or other, the dinner-parties were countless. A birthday, too, was an excuse for a dinner; a birthday, that is, of any person long dead and buried, as well as of a living person, being a member of the family, or otherwise esteemed. Dinners were, of course, eaten on all occasions of public rejoicing. Then, among the young people, subscription dinners, very much after the manner of modern times, were always being got up; only that they would be eaten not at an hotel, but probably at the house of one of the *heteræ*. A Greek dinner-party was a handsome, well-regulated affair. The guests came in elegantly dressed and crowned with flowers. A slave, approaching each person as he entered, took off his sandals and washed his feet. During the repast, the guests reclined on couches with pillows, among and along which were set small tables. After the solid meal came the "symposium" proper, a scene of music, merriment, and dancing, the two latter being supplied chiefly by young girls. There was a chairman, or symposiarch, appointed by the

company to regulate the drinking ; and it was his duty to mix the wine in the "mighty bowl." From this bowl the attendants ladled the liquor into goblets, and, with the goblets, went round and round the tables, filling the cups of the guests.

1884. The elegance with which a dinner is served is a matter which depends, of course, partly upon the means, but still more upon the taste of the master and mistress of the house. It may be observed, in general, that there should always be flowers on the table, and as they form no item of expense, there is no reason why they should not be employed every day.

1885. The variety in the dishes which furnish forth a modern dinner-table, does not necessarily imply anything unwholesome, or anything capricious. Food that is not well relished cannot be well digested ; and the appetite of the over-worked man of business, or statesman, or of any dweller in towns, whose occupations are exciting and exhausting, is jaded, and requires stimulation. Men and women who are in rude health, and who have plenty of air and exercise, eat the simplest food with relish, and consequently digest it well ; but those conditions are out of the reach of many men. They must suit their mode of dining to their mode of living, if they cannot choose the latter. It is in serving up food that is at once appetizing and wholesome that the skill of the modern housewife is severely tasked ; and she has scarcely a more important duty to fulfil. It is, in fact, her particular vocation, in virtue of which she may be said to hold the health of the family, and of the friends of the family, in her hands from day to day. It has been said that "the destiny of nations depends on the manner in which they are fed ;" and a great gastronomist exclaims, "Tell me what kind of food you eat, and I will tell you what kind of man you are." The same writer has some sentences of the same kind, which are rather hyperbolic, but worth quoting :—"The pleasures of the table belong to all ages, to all conditions, to all countries, and to all eras ; they mingle with all other pleasures, and remain, at last, to console us for their departure. The discovery of a new dish confers more happiness upon humanity than the discovery of a new star."

1886. The gastronomist from whom we have already quoted, has some aphorisms and short directions in relation to dinner-parties, which are well deserving of notice :—"Let the number of your guests never exceed twelve, so that the conversation may be general.* Let the temperature of the dining-room be about 68°. Let the dishes be few in number in the first course, but proportionally good. The order of food is from the most substantial to the lightest. The order of drinking wine is from the mildest to the most foamy and most perfumed. To invite a person to your house is to take charge of his happiness so long as he is beneath your roof. The mistress of the house should always be certain that the coffee be excellent ; whilst the master should be answerable for the quality of his wines and liqueurs."

* We have seen this varied by saying that the number should never exceed that of the Muses or fall below that of the Graces.

BILLS OF FARE.

JANUARY.

1887.—DINNER FOR 18 PERSONS.

First Course.

Stewed Eels.	Mock Turtle Soup, removed by Cod's Head and Shoulders.	Red Mullet.
	Vase of Flowers.	
	Clear Oxtail Soup, removed by Fried Filleted Soles.	

Entrées.

Ragoût of Lobster.	Ris de Veau aux Tomates.	Cotelettes de Porc à la Robert.
	Vase of Flowers.	
	Poulet à la Marengo.	

Second Course.

Boiled Turkey and Celery Sauce.	Roast Turkey.	Boiled Ham.
	Pigeon Pie.	
	Vase of Flowers.	
	Tongue, garnished.	
	Saddle of Mutton.	

Third Course.

Charlotte à la Parisienne. Cream. Mince Pies.	Pheasants, removed by Plum-pudding.	Apricot-Jam Tartlets. Cream. Maids of Honour.
	Jelly.	
	Vase of Flowers.	
	Jelly.	
	Snipes, removed by Pommes à la Condé.	

We have given above the plan of placing the various dishes of the 1st Course, Entrées, 2nd Course, and 3rd Course. Following this will be found bills of fare for smaller parties; and it will be readily seen, by studying the above arrangement of dishes, how to place a less number for the more limited company. Several *menus* for *dîners à la Russe*, are also included in the present chapter.

1888.—DINNER FOR 12 PERSONS (January).

First Course.

Carrot Soup à la Crécy. Oxtail Soup.
 Turbot and Lobster Sauce. Fried Smelts, with Dutch Sauce.

Entrees.

Mutton Cutlets, with Soubise Sauce. Sweetbreads.
 Oyster Patties. Fillets of Rabbits.

Second Course.

Roast Turkey. Stewed Rump of Beef à la Jardinière.
 Boiled Ham, garnished with Brussels Sprouts.
 Boiled Chickens and Celery Sauce.

Third Course.

Roast Hare. Teal.
 Eggs à la Neige. Vol-au-Vent of Preserved Fruit. 1 Jelly. 1 Cream.
 Potatoes à la Maitre d'Hôtel. Grilled Mushrooms.

Dessert and Ices.

1889.—DINNER FOR 10 PERSONS (January).

First Course.

Soup à la Reine.
 Whittings au Gratin. Crimped Cod and Oyster Sauce.

Entrees.

Tendrons de Veau. Curried Fowl and Boiled Rice.

Second Course.

Turkey, stuffed with Chestnuts, and Chestnut Sauce.
 Boiled Leg of Mutton, English Fashion, with Capers Sauce and
 Mashed Turnips.

Third Course.

Woodcocks or Partridges. Widgeon.
 Charlotte à la Vanille. Cabinet Pudding. Orange Jelly. Blancmange.
 Artichoke Bottoms. Macaroni, with Parmesan Cheese.

Dessert and Ices.

1890.—DINNER FOR 8 PERSONS (January).

First Course.

Mulligatawny Soup.

Brill and Shrimp Sauce. Fried Whittings.

Entrees.

Fricassee Chicken. Pork Cutlets, with Tomato Sauce.

Second Course.Haunch of Mutton. Boiled Turkey and Celery Sauce.
Boiled Tongue, garnished with Brussels Sprouts.**Third Course.**

Roast Pheasants.

Meringues à la Crème. Compôte of Apples. Orange Jelly.
Cheesecakes. Soufflé of Rice.**Dessert and Ices.**

1891.—DINNER FOR 6 PERSONS (January).—I.

First Course.

Julienne Soup.

Soles à la Normandie.

Entrees.

Sweetbreads, with Sauce Piquante. Mutton Cutlets, with Mashed Potatoes.

Second Course.

Haunch of Venison.

Boiled Fowls and Bacon, garnished with Brussels Sprouts.

Third Course.Plum-pudding. Custards in Glasses. Apple Tart.
Fondue à la Brillat Savarin.**Dessert.**

1892.—DINNER FOR 6 PERSONS (January).—II.

First Course.

Vermicelli Soup.

Fried Slices of Codfish and Anchovy Sauce. John Dory.

Entrees.

Stewed Rump-steak à la Jardinière. Rissoles. Oyster Patties.

Second Course.

Leg of Mutton. Curried Rabbit and Boiled Rice.

Third Course.

Partridges.

Apple Fritters. Tartlets of Greengage Jam. Orange Jelly. Plum-pudding.

Dessert.

1893.—DINNER FOR 6 PERSONS (January).—III.

First Course.

Pea-soup.

Baked Haddock. Soles à la Crème.

Entrees.

Mutton Cutlets and Tomato Sauce. Fricassee Rabbit.

Second Course.

Roast Pork and Apple Sauce. Breast of Veal, Rolled and Stuffed.

Vegetables.

Third Course.

Jugged Hare.

Whipped Cream. Blancmange. Mince Pies. Cabinet Pudding.

1894.—DINNER FOR 6 PERSONS (January).—IV.

First Course.

Palestine Soup.

Fried Smelts. Stewed Eels.

Entrees.

Ragoût of Lobster. Broiled Mushrooms. Vol-au-Vent of Chicken.

Second Course.

Sirloin of Beef. Boiled Fowls and Celery Sauce.

Tongue, garnished with Brussels Sprouts.

Third Course.

Wild Ducks. Charlotte aux Pommes.

Cheesecakes. Transparent Jelly, inlaid with Brandy Cherries.

Blancmange. Nesselrode Pudding.

PLAIN FAMILY DINNERS FOR JANUARY.

1895. *Sunday*.—1. Boiled turbot and oyster sauce, potatoes. 2. Roast leg or griskin of pork, apple sauce, brocoli, potatoes. 3. Cabinet pudding, and damson tart made with preserved damsons.

1896. *Monday*.—1. The remains of turbot warmed in oyster sauce, potatoes. 2. Cold pork, stewed steak. 3. Open jam tart, which should have been made with the pieces of paste left from the damson tart; baked arrowroot pudding.

1897. *Tuesday*.—1. Boiled neck of mutton, carrots, mashed turnips, suet dumplings, and caper sauce: the broth should be served first, and a little rice or pearl barley should be boiled with it along with the meat. 2. Rolled jam pudding.

1898. *Wednesday*.—1. Roast rolled ribs of beef, greens, potatoes, and horse-radish sauce. 2. Bread-and-butter pudding, cheesecakes.

1899. *Thursday*.—1. Vegetable soup (the bones from the ribs of beef should be boiled down with this soup), cold beef, mashed potatoes. 2. Pheasants, gravy, bread sauce. 3. Macaroni.

1900. *Friday*.—1. Fried whittings or soles. 2. Boiled rabbit and onion sauce, minced beef, potatoes. 3. Currant dumplings.

1901. *Saturday*.—1. Rump-steak pudding or pie, greens, and potatoes. 2. Baked custard pudding and stewed apples.

1902. *Sunday*.—1. Codfish and oyster sauce, potatoes. 2. Joint of roast mutton, either leg, haunch, or saddle; brocoli and potatoes, red-currant jelly. 3. Apple tart and custards, cheese.

1903. *Monday*.—1. The remains of codfish picked from the bone, and warmed through in the oyster sauce; if there is no sauce left, order a few oysters and make a little fresh; and do not let the fish boil, or it will be watery. 2. Curried rabbit, with boiled rice served separately, cold mutton, mashed potatoes. 3. Somersetshire dumplings with wine sauce.

1904. *Tuesday*.—1. Boiled fowls, parsley-and-butter; bacon garnished with Brussels sprouts, minced or hashed mutton. 2. Baroness pudding.

1905. *Wednesday*.—1. The remains of the fowls cut up into joints and fricasseed; joint of roast pork and apple sauce, and, if liked, sage-and-onion, served on a dish by itself; turnips and potatoes. 2. Lemon pudding, either baked or boiled.

1906. *Thursday*.—1. Cold pork and jugged hare, red-currant jelly, mashed potatoes. 2. Apple pudding.

1907. *Friday*.—1. Boiled beef, either the aitchbone or the silver side of the round; carrots, turnips, suet dumplings, and potatoes: if there is a marrow-bone, serve the marrow on toast at the same time. 2. Rice snowballs.

1908. *Saturday*.—1. Pea-soup made from liquor in which beef was boiled; cold beef, mashed potatoes. 2. Baked batter fruit pudding.

FEBRUARY.

1909.—DINNER FOR 18 PERSONS.

First Course.

Fried Hells.	Hare Soup, removed by Turbot and Oyster Sauce.	Fried Whittings.
	Vase of Flowers.	
	Oyster Soup, removed by Crimped Cod à la Maitre d'Hôtel.	

Entrées.

Lobster Patties.	Lark Pudding.	Filets de Perdrix.
	Vase of Flowers.	
	Fricassee Chicken.	

Second Course.

Roast Fowls, garnished with Water-cressess.	Braised Capon. Boiled Ham, garnished.	Boiled Fowls and White Sauce.
	Vase of Flowers.	
	Pâté Chaud. Haunch of Mutton.	

Third Course.

Meringues. Sandwiches. Victoria	Duckings, removed by Ice Pudding.	Cheese- cakes. Clear Jelly. Gâteau de Pommes.
	Coffee Cream.	
	Vase of Flowers.	
Orange Jelly. Sandwiches.	Blanmange.	
	Partridges, removed by Cabinet Pudding.	

Dessert and Ices.

1910.—DINNER FOR 12 PERSONS (February).

First Course.

Soup à la Reine. Clear Gravy Soup.
Brill and Lobster Sauce. Fried Smelts.

Entrees.

Lobster Rissoles. Beef Palates. Pork Cutlets à la Soubise.
Grilled Mushrooms.

Second Course.

Braised Turkey. Haunch of Mutton. Boiled Capon and Oysters.
Tongue, garnished with tufts of Broccoli. Vegetables and Salads.

Third Course.

Wild Ducks. Plovers.
Orange Jelly. Clear Jelly. Charlotte Russe. Nesselrode Pudding.
Gâteau de Riz. Sea-kale. Maids of Honour.

Dessert and Ices.

1911.—DINNER FOR 10 PERSONS (February).

First Course.

Palestine Soup.

John Dory, with Dutch Sauce. Red Mullet, with Sauce Génoise.

Entrees.

Sweetbread Cutlets, with Poivrade Sauce. Fowl au Béchamel.

Second Course.

Roast Saddle of Mutton. Boiled Capon and Oysters.

Boiled Tongue, garnished with Brussels Sprouts.

Third Course.

Guinea-Fowls. Ducklings.

Pain de Rhubarb. Orange Jelly. Strawberry Cream. Cheesecakes.

Almond Pudding. Fig Pudding.

Dessert and Ices.

1912.—DINNER FOR 8 PERSONS (February).

First Course.

Mock Turtle Soup.

Fillets of Turbot à la Crème. Fried Filleted Soles and Anchovy Sauce.

Entrees.

Larded Fillets of Rabbits. Tendrons de Veau with Purée of Tomatoes.

Second Course.

Stewed Rump of Beef à la Jardinière. Roast Fowls. Boiled Ham.

Third Course.

Roast Pigeons or Larks.

Rhubarb Tartlets. Meringues. Clear Jelly. Cream. Ice Pudding. Soufflé.

Dessert and Ices.

1913.—DINNER FOR 6 PERSONS (February).—I.

First Course.

Rice Soup.

Red Mullet, with Génoise Sauce. Fried Smelts.

Entrees.

Fowl Pudding. Sweetbreads.

Second Course.

Roast Turkey and Sausages. Boiled Leg of Pork. Pease Pudding.

Third Course.

Lemon Jelly. Charlotte à la Vanille. Maids of Honour.

Plum-pudding, removed by Ice Pudding.

Dessert.

8 x 2

1914.—DINNER FOR 6 PERSONS (February).—II.

First Course.

Spring Soup.

Boiled Turbot and Lobster Sauce.

Entrees.

Fricassee Rabbit. Oyster Patties.

Second Course.

Boiled Round of Beef and Marrow-bones.

Roast Fowls, garnished with Water-cresses and rolled Bacon. Vegetables.

Third Course.

Marrow Pudding. Cheesecakes. Tartlets of Greengage Jam,

Lemon Cream. Rhubarb Tart.

Dessert.

1915.—DINNER FOR 6 PERSONS (February).—III.

First Course.

Vermicelli Soup.

Fried Whittings. Stewed Eels.

Entrees.

Poulet à la Marengo. Breast of Veal stuffed and rolled.

Second Course.

Roast Leg of Pork and Apple Sauce. Boiled Capon and Oysters.

Tongue, garnished with tufts of Broccoli.

Third Course.

Wild Ducks. Lobster Salad. Charlotte aux Pommes. Pain de Rhubarb.

Vanilla Cream. Orange Jelly.

Dessert.

1916.—DINNER FOR 6 PERSONS (February).—IV.

First Course.

Ox-tail Soup.

Cod à la Crème. Fried Soles.

Entrees.

Lark Pudding. Fowl Scallops.

Second Course.

Roast Leg of Mutton. Boiled Turkey and Celery Sauce. Pigeon Pie.

Small Ham, boiled and garnished. Vegetables.

Third Course.

Game, when liked. Tartlets of Raspberry Jam. Vol-au-Vent of Rhubarb.

Swiss Cream. Cabinet Pudding.

Broccoli and Sea-kale.

Dessert.

PLAIN FAMILY DINNERS FOR FEBRUARY

1917. *Sunday*.—1. Ox-tail soup. 2. Roast beef, Yorkshire pudding, brocoli, and potatoes. 3. Plum-pudding, apple tart. Cheese.

1918. *Monday*.—1. Fried soles, plain melted butter, and potatoes. 2. Cold roast beef, mashed potatoes. 3. The remains of plum-pudding cut in slices, warmed, and served with sifted sugar sprinkled over it. Cheese.

1919. *Tuesday*.—1. The remains of ox-tail soup from Sunday. 2. Pork cutlets with tomato sauce; hashed beef. 3. Rolled jam pudding. Cheese.

1920. *Wednesday*.—1. Boiled haddock and plain melted butter. 2. Rump-steak pudding, potatoes, greens. 3. Arrowroot, blancmange, garnished with jam.

1921. *Thursday*.—1. Boiled leg of pork, greens, potatoes, pease pudding. 2. Apple fritters, sweet macaroni.

1922. *Friday*.—1. Pea-soup made with liquor that the pork was boiled in. 2. Cold pork, mashed potatoes. 3. Baked rice pudding.

1923. *Saturday*.—1. Broiled herrings and mustard sauce. 2. Haricot mutton. 3. Macaroni, either served as a sweet pudding or with cheese.

1924. *Sunday*.—1. Carrot soup. 2. Boiled leg of mutton and caper sauce, mashed turnips, roast fowls, and bacon. 3. Damson tart made with bottled fruit, ratafia pudding.

1925. *Monday*.—1. The remainder of fowl curried and served with rice; rump-steaks and oyster sauce, cold mutton. 2. Rolled jam pudding.

1926. *Tuesday*.—1. Vegetable soup made with liquor that the mutton was boiled in on Sunday. 2. Roast sirloin of beef, Yorkshire pudding, brocoli, and potatoes. 3. Cheese.

1927. *Wednesday*.—1. Fried soles, melted butter. 2. Cold beef and mashed potatoes: if there is any cold boiled mutton left, cut it into neat slices and warm it in a little caper sauce. 3. Apple tart.

1928. *Thursday*.—1. Boiled rabbit and onion sauce, stewed beef and vegetables, made with the remains of cold beef and bones. 2. Macaroni.

1929. *Friday*.—1. Roast leg of pork, sage and onions and apple sauce; greens and potatoes. 2. Spinach and poached eggs instead of pudding. Cheese and water-cresses.

1930. *Saturday*.—1. Rumpsteak-and-kidney pudding, cold pork and mashed potatoes. 2. Baked rice pudding.

MARCH.

1931.—DINNER FOR 18 PERSONS.

First Course.

Red Mullet.	Turtle or Mock Turtle Soup, removed by Salmon and dressed Cucumber.	Fillet of Whittings.
	Vase of Flowers.	
	Spring Soup, removed by Boiled Turbot and Lobster Sauce.	

Entrées.

Vol-au-Vent.	Fricassee Chicken.	Compte of Pigeons.
	Vase of Flowers.	
	Larded Sweetbreads.	

Second Course.

Boiled Tongues, garnished.	Fore-quarter of Lamb.	Ham.
	Braised Capon.	
	Vase of Flowers.	
	Roast Fowls.	
	Rump of Beef à la Jardinière.	

Third Course.

Apricot Tartlets.	Guinea-Fowls, larded, removed by Cabinet Pudding.	Rhubarb Tart.
	Wine Jelly.	
Oustards.	Vase of Flowers.	Jelly, in glasses.
	Italian Cream.	
	Ducklings, removed by Nesselrode Pudding.	
Dansson Tart.		Cheese- cakes.

Dessert and Ices.

1932.—DINNER FOR 12 PERSONS (March).

First Course.

White Soup. Clear Gravy Soup.
Boiled Salmon, Shrimp Sauce, and dressed Cucumber.
Baked Mullet in paper cases.

Entrees.

Filet de Bœuf and Spanish Sauce. Larded Sweetbreads. Rissoles.
Chicken Patties.

Second Course.

Roast Fillet of Veal and Béchamel Sauce. Boiled Leg of Lamb.
Roast Fowls, garnished with Water-cresses.
Boiled Ham, garnished with Carrots and mashed Turnips.
Vegetables—Sea-kale, Spinach, or Brocoli.

Third Course.

Two Ducklings. Guinea-Fowl, larded.
Orange Jelly. Charlotte Russe. Coffee Cream. Ice Pudding.
Macaroni with Parmesan Cheese. Spinach, garnished with Croûtons.

Dessert and Ices.

1833.—DINNER FOR 10 PERSONS (March).

First Course.

Macaroni Soup.

Boiled Turbot and Lobster Sauce. Salmon Cutlets.

Entrees.

Compôte of Pigeons. Mutton Cutlets and Tomato Sauce.

Second Course.

Roast Lamb. Boiled Half Calf's Head, Tongue, and Brains.
Boiled Bacon-cheek, garnished with spoonfuls of Spinach. Vegetables

Third Course.

Ducklings.

Plum-pudding. Ginger Cream. Trifle. Rhubarb Tart. Cheesecakes.
Fondues, in cases.

Dessert and Ices.

1834.—DINNER FOR 8 PERSONS (March).

First Course.

Calf's-Head Soup.

Brill and Shrimp Sauce. Broiled Mackerel à la Maitre d'Hôtel.

Entrees.

Lobster Cutlets. Calf's Liver and Bacon, aux fines herbes.

Second Course.

Roast Loin of Veal. Two Boiled Fowls à la Béchamel. Boiled Knuckle of Ham.
Vegetables—Spinach or Brocoli.

Third Course.

Wild Ducks.

Apple Custards. Blancmange. Lemon Jelly. Jam Sandwiches.
Ice Pudding. Potatoes à la Maitre d'Hôtel.

Dessert and Ices.

1835.—DINNER FOR 6 PERSONS (March).—I.

First Course.

Vermicelli Soup.

Soles à la Crème.

Entrees.

Veal Cutlets, Small Vols-au-Vent.

Second Course.

Small Saddle of Mutton. Half Calf's Head.
Boiled Bacon-cheek, garnished with Brussels Sprouts.

Third Course.

Cabinet Pudding. Orange Jelly. Custards, in glasses.
Rhubarb Tart. Lobster Salad.

Dessert.

1936.—DINNER FOR 6 PERSONS (March).—II.

First Course.

Julienne Soup.
Baked Mulletts.

Entrees.

Chicken Cutlets. Oyster Patties.

Second Course.

Roast Lamb and Mint Sauce. Boiled Leg of Pork.
Pease Pudding. Vegetables.

Third Course.

Ducklings.
Swiss Cream, Lemon Jelly, Cheesecakes, Rhubarb Tart, Macaroni.

Dessert.

1937.—DINNER FOR 6 PERSONS (March).—III.

First Course.

Oyster Soup.
Boiled Salmon and dressed Cucumber.

Entrees.

Rissoles. Fricassee Chicken.

Second Course.

Boiled Leg of Mutton, Caper Sauce. Roast Fowls, garnished with Water-cresses.
Vegetables.

Third Course.

Charlotte aux Pommes. Orange Jelly. Lemon Cream.
Soufflé of Arrowroot. Sea-kale.

Dessert.

1938.—DINNER FOR 6 PERSONS (March).—IV.

First Course.

Ox-tail Soup.
Boiled Mackerel.

Entrees.

Stewed Mutton Kidneys. Minced Veal and Oysters.

Second Course.

Stewed Shoulder of Veal. Roast Ribs of Beef and Horseradish Sauce.
Vegetables.

Third Course.

Ducklings.
Tartlets of Strawberry Jan. Cheesecakes. Gâteau de Riz.
Carrot Pudding. Sea-kale.

Dessert.

PLAIN FAMILY DINNERS FOR MARCH.

1939. *Sunday*.—1. Boiled $\frac{1}{2}$ calf's head, pickled pork, the tongue on a small dish with the brains round it; mutton cutlets and mashed potatoes. 2. Plum tart made with bottled fruit, baked custard pudding, Baroness pudding.

1940. *Monday*.—1. Roast shoulder of mutton and onion sauce, brocoli, baked potatoes. 2. Slices of Baroness pudding warmed, and served with sugar sprinkled over. Cheesecakes.

1941. *Tuesday*.—1. Mock turtle soup, made with liquor that calf's head was boiled in, and the pieces of head. 2. Hashed mutton, rump-steaks and oyster sauce. 3. Boiled plum-pudding.

1942. *Wednesday*.—1. Fried whittings, melted butter, potatoes. 2. Boiled beef, suet dumplings, carrots, potatoes, marrow-bones. 3. Arrowroot blanc-mange, and stewed rhubarb.

1943. *Thursday*.—1. Pea-soup made from liquor that beef was boiled in. 2. Stewed rump-steak, cold beef, mashed potatoes. 3. Rolled jam pudding.

1944. *Friday*.—1. Fried soles, melted butter, potatoes. 2. Roast loin of mutton, brocoli, potatoes, bubble-and-squeak. 3. Rice pudding.

1945. *Saturday*.—1. Rump-steak pie, haricot mutton made with remains of cold loin. 2. Pancakes, ratafia pudding.

1946. *Sunday*.—1. Roast fillet of veal, boiled ham, spinach and potatoes. 2. Rhubarb tart, custards in glasses, bread-and-butter pudding.

1947. *Monday*.—1. Baked soles, potatoes. 2. Minced veal and rump-steak pie. 3. Somersetshire dumplings with the remains of cutsards poured round them; marmalade tartlets.

1948. *Tuesday*.—1. Gravy soup. 2. Boiled leg of mutton, mashed turnips, suet dumplings, caper sauce, potatoes, veal rissoles made with remains of fillet of veal. 3. Cheese.

1949. *Wednesday*.—1. Stewed mullets. 2. Roast fowls, bacon, gravy, and bread sauce, mutton pudding, made with a few slices of the cold meat and the addition of two kidneys. 3. Baked lemon pudding.

1950. *Thursday*.—1. Vegetable soup made with liquor that the mutton was boiled in, and mixed with the remains of gravy soup. 2. Roast ribs of beef, Yorkshire pudding, horseradish sauce, brocoli and potatoes. 3. Apple pudding or macaroni.

1951. *Friday*.—1. Stewed eels, pork cutlets and tomato sauce. 2. Cold beef, mashed potatoes. 3. Plum tart made with bottled fruit.

1952. *Saturday*.—1. Rumpsteak-and-kidney pudding, broiled beef-bones, greens and potatoes. 2. Jam tartlets made with pieces of paste from plum tart, baked custard pudding.

APRIL.

1853.—DINNER FOR 18 PERSONS.

First Course.

Filets of Mackerel.	Spring Soup, removed by Salmon and Lobster Sauce.	Fried Smelts.
	Vase of Flowers.	
	Soles à la Crème.	

Entrées.

Curried Lobster.	Lamb Cutlets and Asparagus Peas.	Oyster Patties.
	Vase of Flowers.	
	Grenadines de Veau.	

Second Course.

Stewed Beef à la Farchivère.	Roast Ribs of Lamb.	Boiled Ham.
	Larded Capon.	
	Vase of Flowers.	
	Spring Chickens.	
	Braised Turkey.	

Third Course.

Raspberry-Jam Tartlets.	Ducklings, removed by Cabinet Pudding.	Rhubarb Tart.
	Charlotte à la Parisienne.	
	Vase of Flowers.	
	Raspberry Cream.	
	Nesselrode Pudding.	

Dessert and Ices.

1854.—DINNER FOR 12 PERSONS (April).

First Course.

Soup à la Reine. Julienne Soup.
Turbot and Lobster Sauce. Slices of Salmon à la Genévèse.

Entrees.

Croquettes of Leveret. Fricandeau de Veau.
Vol-au-Vent. Stewed Mushrooms.

Second Course.

Fore-quarter of Lamb. Saddle of Mutton. Boiled Chickens and Asparagus Peas.
Boiled Tongue garnished with Tufts of Brocoli. Vegetables.

Third Course.

Ducklings. Larded Guinea-Fowls. Charlotte à la Parisienne. Orange Jelly.
Meringues. Ratafia Ice Pudding. Lobster Salad. Sea-kale.

Dessert and Ices.

1865.—DINNER FOR 10 PERSONS (April).

First Course.

Gravy Soup.

Salmon and Dressed Cucumber. Shrimp Sauce. Fillets of Whittings.

Entrees.

Lobster Cutlets. Chicken Patties.

Second Course.

Roast Fillet of Veal. Boiled Leg of Lamb. Ham, garnished with Broccoli.
Vegetables.

Third Course.

Ducklings.

Compôte of Rhubarb. Custards. Vanilla Cream. Orange Jelly.
Cabinet Pudding. Ice Pudding.

Dessert.

1866.—DINNER FOR 8 PERSONS (April).

First Course.

Spring Soup.

Slices of Salmon and Caper Sauce. Fried Filleted Soles.

Entrees.

Chicken Vol-au-Vent. Mutton Cutlets and Tomato Sauce.

Second Course.

Roast Loin of Veal. Boiled Fowls à la Béchamel. Tongue. Vegetables.

Third Course.

Guinea-Fowl.

Sea-kale. Artichoke Bottoms. Cabinet Pudding. Blancmange.
Apricot Tartlets. Rice Fritters. Macaroni and Parmesan Cheese.

Dessert.

1867.—DINNER FOR 6 PERSONS (April).—I.

First Course.

Tapioca Soup.

Boiled Salmon and Lobster Sauce.

Entrees.

Sweetbreads. Oyster Patties.

Second Course.

Haunch of Mutton. Boiled Capon and White Sauce. Tongue. Vegetables.

Third Course.

Soufflé of Rice. Lemon Cream. Charlotte à la Parisienne. Rhubarb Tart.

Dessert.

1958.—DINNER FOR 6 PERSONS (April).—II.

First Course.

Julienne Soup.

Fried Whittings. Red Mullet.

Entrees.

Lamb Cutlets and Cucumbers. Rissoles.

Second Course.

Roast Ribs of Beef. Neck of Veal à la Béchamel. Vegetables.

Third Course.

Ducklings.

Lemon Pudding. Rhubarb Tart. Custards. Cheesecakes.

Dessert.

1959.—DINNER FOR 6 PERSONS (April).—III.

First Course.

Vermicelli Soup.

Brill and Shrimp Sauce.

Entrees.

Fricandeau of Veal. Lobster Cutlets.

Second Course.

Roast Fore-quarter of Lamb. Boiled Chickens. Tongue. Vegetables.

Third Course.

Goslings.

Sea-kale. Plum-pudding. Whipped Cream.

Compôte of Rhubarb. Cheesecakes.

Dessert.

1960.—DINNER FOR 6 PERSONS (April).—IV.

First Course.

Ox-tail Soup.

Crimped Salmon.

Entrees.

Croquettes of Chicken. Mutton Cutlets and Soubise Sauce.

Second Course.

Roast Fillet of Veal. Boiled Bacon-cheek garnished with Sprouts.

Boiled Capon. Vegetables.

Third Course.

Sea-kale. Lobster Salad. Cabinet Pudding. Ginger Cream.

Raspberry Jam Tartlets. Rhubarb Tart. Macaroni.

Dessert.

PLAIN FAMILY DINNERS FOR APRIL.

1961. *Sunday*.—1. Clear gravy soup. 2. Roast haunch of mutton, sea-kale, potatoes. 3. Rhubarb tart, custards in glasses.

1962. *Monday*.—1. Crimped skate and caper sauce. 2. Boiled knuckle of veal and rice, cold mutton, mashed potatoes. 3. Baked plum-pudding.

1963. *Tuesday*.—1. Vegetable soup. 2. Toad-in-the-hole, made from remains of cold mutton. 3. Stewed rhubarb and baked custard pudding.

1964. *Wednesday*.—1. Fried soles, anchovy sauce. 2. Boiled beef, carrots, suet dumplings. 3. Lemon pudding.

1965. *Thursday*.—1. Pea-soup made with liquor that beef was boiled in. 2. Cold beef, mashed potatoes, mutton cutlets and tomato sauce. 3. Macaroni.

1966. *Friday*.—1. Bubble-and-squeak, made with remains of cold beef. Roast shoulder of veal stuffed, spinach, potatoes. 2. Boiled batter pudding and sweet sauce.

1967. *Saturday*.—1. Stewed veal with vegetables, made from the remains of the shoulder. Broiled rump-steaks and oyster sauce. 2. Yeast-dumplings.

1968. *Sunday*.—1. Boiled salmon and dressed cucumber, anchovy sauce. 2. Roast fore-quarter of lamb, spinach, potatoes, mint sauce. 2. Rhubarb tart, cheesecakes.

1969. *Monday*.—1. Curried salmon, made with remains of salmon, dish of boiled rice. 2. Cold lamb, rumpsteak-and-kidney pudding, potatoes. 3. Spinach and poached eggs.

1970. *Tuesday*.—1. Scotch mutton broth with pearl barley. 2. Boiled neck of mutton, caper sauce, suet dumplings, carrots. 3. Baked rice-pudding.

1971. *Wednesday*.—1. Boiled mackerel and melted butter or fennel sauce, potatoes. 2. Roast fillet of veal, bacon, and greens. 3. Fig pudding.

1972. *Thursday*.—1. Flemish soup. 2. Roast loin of mutton, brocoli, potatoes; veal rolls made from remains of cold veal. 3. Boiled rhubarb pudding.

1973. *Friday*.—1. Irish stew or haricot, made from cold mutton, minced veal. 2. Half-pay pudding.

1974. *Saturday*.—1. Rump-steak pie, broiled mutton-chops. 2. Baked arrowroot pudding.

M A Y.

1975.—DINNER FOR 18 PERSONS.

First Course.

Fried Filleted Soles.	Asparagus Soup, removed by Salmon and Lobster Sauce.	Filets of Mackerel, à la Maitre d'Hôtel.
	Vase of Flowers.	
	Ox-tail Soup, removed by Brill & Shrimp Sauce.	

Entrées.

Lobster Pudding.	Lamb Cutlets and Cucumbers.	Curried Fowl.
	Vase of Flowers.	
	Veal Ragott.	

Second Course.

Roast Fowls.	Saddle of Lamb.	Boiled Capon and White Sauce.
	Raised File.	
	Vase of Flowers.	
	Braised Ham.	
	Roast Veal.	

Third Course.

Almond Cheesecakes.	Goslings, removed by College Puddings.	Lobster Saland.
	Noyeau Jelly.	
	Vase of Flowers.	
	Inlaid Jelly.	
	Ducklings, removed by Nesselrode Pudding.	

Dessert and Ices.

1976.—DINNER FOR 12 PERSONS (May).

First Course.

White Soup. Asparagus Soup.
Salmon Cutlets. Boiled Turbot and Lobster Sauce.

Entrees.

Chicken Vol-au-Vent. Lamb Cutlets and Cucumbers. Fricandean of Veal.
Stewed Mushrooms.

Second Course.

Roast Lamb. Haunch of Mutton. Boiled and Roast Fowls. Vegetables.

Third Course.

Ducklings. Goslings.
Charlotte Russe. Vanilla Cream. Gooseberry Tart. Custards.
Cheesecakes. Cabinet Pudding and Iced Pudding.

Dessert and Ices.

1877.—DINNER FOR 10 PERSONS (May).**First Course.**

Spring Soup.

Salmon à la Genévese. Red Mullet.

Entrees.

Chicken Vol-an-Vent. Calf's Liver and Bacon aux Fines Herbes.

Second Course.

Saddle of Mutton. Half Calf's Head, Tongue, and Brains. Braised Ham.

Asparagus.

Third Course.

Roast Pigeons. Ducklings.

Sponge-cake Pudding. Charlotte à la Vanille. Gooseberry Tart. Cream.

Cheesecakes. Apricot-jam Tart.

Dessert and Ices.**1878.—DINNER FOR 8 PERSONS (May).****First Course.**

Julienne Soup.

Brill and Lobster Sauce. Fried Fillets of Mackerel.

Entrees.

Lamb Cutlets and Cucumbers. Lobster Patties.

Second Course.

Roast Fillet of Veal. Boiled Leg of Lamb. Asparagus.

Third Course.

Ducklings.

Gooseberry Tart. Custards. Fancy Pastry. Soufflé.

Dessert and Ices.**1879.—DINNER FOR 6 PERSONS (May).—I.****First Course.**

Vermicelli Soup.

Boiled Salmon and Anchovy Sauce.

Entrees.

Fillets of Beef and Tomato Sauce. Sweetbreads.

Second Course.

Roast Lamb. Boiled Capon. Asparagus.

Third Course.

Ducklings.

Cabinet Pudding. Compôte of Gooseberries. Custards in Glasses.

Blancmange. Lemon Tartlets. Fondue.

Dessert.

1860.—DINNER FOR 6 PERSONS (May).—**First Course.**

Macaroni Soup.

Boiled Mackerel à la Maitre d'Hôtel. Fried Smelts.

Entrees.

Scollops of Fowl. Lobster Pudding.

Second Course.

Boiled Leg of Lamb and Spinach.

Roast Sirloin of Beef and Horseradish Sauce. Vegetables.

Third Course.

Roast Leveret. Salad.

Soufflé of Rice. Ramakins. Strawberry-jam Tartlets. Orange Jelly.

Dessert.**1861.—DINNER FOR 6 PERSONS (May).—III.****First Course.**

Julienne Soup.

Trout with Dutch Sauce. Salmon Cutlets.

Entrees.

Lamb Cutlets and Mushrooms. Vol-au-Vent of Chicken.

Second Course.

Roast Lamb. Calf's Head à la Tortue. Vegetables.

Third Course.

Spring Chickens.

Iced Pudding. Vanilla Cream. Clear Jelly. Tartlets. Cheesecakes.

Dessert.**1862.—DINNER FOR 6 PERSONS (May).—IV.****First Course.**

Soup à la Reine.

Crimped Trout and Lobster Sauce. Baked Whittings aux Fines Herbes.

Entrees.

Braised Mutton Cutlets and Cucumbers. Stewed Pigeons.

Second Course.

Roast Fillet of Veal. Bacon-cheek and Greens.

Fillet of Beef à la Jardinière.

Third Course.

Ducklings.

Soufflé à la Vanille. Compôte of Oranges. Meringues.

Gooseberry Tart. Fondue.

Dessert.

PLAIN FAMILY DINNERS FOR MAY.

1983. *Sunday*.—1. Vegetable soup. 2. Saddle of mutton, asparagus and potatoes. 3. Gooseberry tart, custards.

1984. *Monday*.—1. Fried whittings, anchovy sauce. 2. Cold mutton, mashed potatoes, stewed veal. 3. Fig pudding.

1985. *Tuesday*.—1. Haricot mutton, made from remains of cold mutton, rump-steak pie. 2. Macaroni.

1986. *Wednesday*.—1. Roast loin of veal and spinach, boiled bacon, mutton cutlets and tomato sauce. 2. Gooseberry pudding and cream.

1987. *Thursday*.—1. Spring soup. 2. Roast leg of lamb, mint sauce, spinach, curried veal and rice. 3. Lemon pudding.

1988. *Friday*.—1. Boiled mackerel and parsley-and-butter. 2. Stewed rump-steak, cold lamb and salad. 3. Baked gooseberry pudding.

1989. *Saturday*.—1. Vermicelli. 2. Rump-steak pudding, lamb cutlets, and cucumbers. 3. Macaroni.

1990. *Sunday*.—1. Boiled salmon and lobster or caper sauce. 2. Roast lamb, mint sauce, asparagus, potatoes. 3. Plum-pudding, gooseberry tart.

1991. *Monday*.—1. Salmon warmed in remains of lobster sauce and garnished with croûtons. 2. Stewed knuckle of veal and rice, cold lamb and dressed cucumber. 3. Slices of pudding warmed, and served with sugar sprinkled over. Baked rice pudding.

1992. *Tuesday*.—1. Roast ribs of beef, horseradish sauce, Yorkshire pudding, spinach and potatoes. 2. Boiled lemon pudding.

1993. *Wednesday*.—1. Fried soles, melted butter. 2. Cold beef and dressed cucumber or salad, veal cutlets and bacon. 3. Baked plum-pudding.

1994. *Thursday*.—1. Spring soup. 2. Calf's liver and bacon, broiled beef-bones, spinach and potatoes. 3. Gooseberry tart.

1995. *Friday*.—1. Roast shoulder of mutton, baked potatoes, onion sauce, spinach. 2. Currant dumplings.

1996. *Saturday*.—1. Broiled mackerel, fennel sauce or plain melted butter. 2. Rump-steak pie, hashed mutton, vegetables. 3. Baked arrowroot pudding.

JUNE.

1907.—DINNER FOR 18 PERSONS.

First Course.

Filets of Gurnets.	Asparagus Soup, removed by Crimped Salmon.	Soles aux fines herbes.
	Vase of Flowers.	
	Vermicelli Soup, removed by Whitebait.	

Entrées.

Lobster Patties.	Lamb Cutlets and Peas.	Tendrons de Veau à la Jardinière.
	Vase of Flowers.	
	Larded Sweetbreads.	

Second Course.

Roast Spring Chickens.	Saddle of Lamb.	Boiled Capon.
	Tongue.	
	Vase of Flowers.	
	Ham.	
	Boiled Calf's Head.	

Third Course.

Trawns. Vol-au-Vent of Straw- berries and Cream. Cheese-cakes.	Leveret, removed by Ice Pudding.	Tartlets. Custards, in glasses. Plovers' Eggs.
	Wine Jelly.	
	Vase of Flowers.	
	Blancmange.	
	Goslings, removed by Fondues, in cases.	

Dessert and Ices.

1908.—DINNER FOR 12 PERSONS (June).

First Course.

Green-Pea Soup. Rice Soup.

Salmon and Lobster Sauce. Trout à la Genévoise. Whitebait.

*Entrées.*Lamb Cutlets and Cucumbers. Fricassee Chicken. Stewed Veal and Peas.
Lobster Rissoles.*Second Course.*Roast Quarter of Lamb and Spinach. Filet de Bœuf à la Jardinière.
Boiled Fowls. Braised Shoulder of Lamb. Tongue. Vegetables.*Third Course.*Goslings. Ducklings.
Nesselrode Pudding. Charlotte à la Parisienne. Gooseberry Tartlets.
Strawberry Cream. Raspberry-and-Currant Tart. Custards.**Dessert and Ices.**

1999.—DINNER FOR 10 PERSONS (June).

First Course.

Julienne Soup.

Salmon Trout and Parsley-and-Butter. Red Mullet.

Entrees.

Stewed Breast of Veal and Peas. Mutton Cutlets à la Maintenon.

Second Course.

Roast Fillet of Veal. Boiled Leg of Lamb, garnished with young Carrots.
Boiled Bacon-cheek. Vegetables.

Third Course.

Roast Ducks. Leveret.

Gooseberry Tart. Strawberry Cream. Strawberry Tartlets. Meringues.
Cabinet Pudding. Iced Pudding.

Dessert and Ices.

2000.—DINNER FOR 8 PERSONS (June).

First Course.

Vermicelli Soup.

Trout à la Genévése. Salmon Cutlets.

Entrees.

Lamb Cutlets and Peas. Fricasseed Chicken.

Second Course.

Roast Ribs of Beef. Half Calf's Head, Tongue, and Brains. Boiled Ham.
Vegetables.

Third Course.

Roast Ducks.

Compôte of Gooseberries. Strawberry Jelly. Pastry. Iced Pudding.
Cauliflower with Cream Sauce.

Dessert and Ices.

2001.—DINNER FOR 6 PERSONS (June).—I.

First Course.

Spring Soup.

Boiled Salmon and Lobster Sauce.

Entrees.

Veal Outlets and Endive. Ragout of Duck and Green Peas.

Second Course.

Roast Loin of Veal. Boiled Leg of Lamb and White Sauce.
Tongue, garnished. Vegetables.

Third Course.

Strawberry Cream. Gooseberry Tartlets. Almond Pudding. Lobster Salad.

Dessert.

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2002.—DINNER FOR 6 PERSONS (June).—II.

First Course.

Calf's-Head Soup.

Mackerel à la Maître d'Hôtel. Whitebait.

Entrees.

Chicken Outlets. Curried Lobster.

Second Course.

Fore-quarter of Lamb and Salad. Stewed Beef à la Jardinière. Vegetables.

Third Course.

Goslings.

Green-Currant Tart. Custards, in glasses. Strawberry Blancmange.

Soufflé of Rice.

Dessert.

2003.—DINNER FOR 6 PERSONS (June).—III.

First Course.

Green-Pea Soup.

Baked Soles aux fines herbes. Stewed Trout.

Entrees.

Calf's Liver and Bacon. Rissoles.

Second Course.

Roast Saddle of Lamb and Salad. Calf's Head à la Tortue. Vegetables.

Third Course.

Roast Ducks.

Vol-au-Vent of Strawberries and Cream. Strawberry Tartlets.

Lemon Blancmange. Baked Gooseberry Pudding.

Dessert.

2004.—DINNER FOR 6 PERSONS (June).—IV.

First Course.

Spinach Soup.

Soles à la Crème. Rod Mullet.

Entrees.

Roast Fillet of Veal. Braised Ham and Spinach.

Second Course.

Boiled Fowls and White Sauce. Vegetables.

Third Course.

Leveret.

Strawberry Jelly. Swiss Cream. Cheesecakes. Iced Pudding.

Dessert.

PLAIN FAMILY DINNERS FOR JUNE.

2005. *Sunday*.—1. Salmon trout and parsley-and-butter, new potatoes. 2. Roast fillet of veal, boiled bacon-cheek and spinach, vegetables. 3. Gooseberry tart, custards.

2006. *Monday*.—1. Light gravy soup. 2. Small meat pie, minced veal, garnished with rolled bacon, spinach and potatoes. 3. Raspberry-and-currant tart.

2007. *Tuesday*.—1. Baked mackerel, potatoes. 2. Boiled leg of lamb, garnished with young carrots. 3. Lemon pudding.

2008. *Wednesday*.—1. Vegetable soup. 2. Calf's liver and bacon, peas, hashed lamb from remains of cold joint. 3. Baked gooseberry pudding.

2009. *Thursday*.—1. Roast ribs of beef, Yorkshire pudding, peas, potatoes. 2. Stewed rhubarb and boiled rice.

2010. *Friday*.—1. Cold beef and salad, lamb cutlets and peas. 2. Boiled gooseberry pudding and baked custard pudding.

2011. *Saturday*.—1. Rump-steak pudding, broiled beef-bones and cucumber, vegetables. 2. Bread pudding.

2012. *Sunday*.—1. Roast fore-quarter of lamb, mint sauce, peas, and new potatoes. 2. Gooseberry pudding, strawberry tartlets. Fondue.

2013. *Monday*.—1. Cold lamb and salad, stewed neck of veal and peas, young carrots, and new potatoes. 2. Almond pudding.

2014. *Tuesday*.—1. Green-pea soup. 2. Roast ducks stuffed, gravy, peas and new potatoes. 3. Baked ratafia pudding.

2015. *Wednesday*.—1. Roast leg of mutton, summer cabbage, potatoes. 2. Gooseberry and rice pudding.

2016. *Thursday*.—1. Fried soles, melted butter, potatoes. 2. Sweetbreads, hashed mutton, vegetables. 3. Bread-and-butter pudding.

2017. *Friday*.—1. Asparagus soup. 2. Boiled beef, young carrots and new potatoes, suet dumplings. 3. College puddings.

2018. *Saturday*.—1. Cold boiled beef and salad, lamb cutlets and green peas. 2. Boiled gooseberry pudding and plain cream.

JULY.

2019.—DINNER FOR 18 PERSONS.

First Course.

Entrées.

Whitebait.	Green-Pea Soup, removed by Salmon and dressed Cucumber.	Stewed Trout.
	Vase of Flowers.	
	Soup à la Reine, removed by Mackerel à la Maître d'Hôtel.	

Lobster Curry ou Casserole.	Lamb Cutlets and Peas.	Scollops of Chickens.
	Vase of Flowers.	
	Chicken Patties.	

Second Course.

Third Course.

Boiled Capons.	Haunch of Venison.	Spring Chickens.
	Pigeon Pie.	
	Vase of Flowers.	
	Braised Ham.	
	Saddle of Lamb.	

Prawns. Cherry Tart. Creams.	Roast Ducks, removed by Vanilla Soufflé.	Custards, Raspberry-and- Currant Tart. Tartlets.
	Raspberry Cream.	
	Vase of Flowers.	
	Strawberry Cream.	
	Green Goose, removed by Iced Pudding.	

Dessert and Ices.

2020.—DINNER FOR 12 PERSONS (July).

First Course.

Soup à la Jardinière. Chicken Soup.
Crimped Salmon and Parsley-and-Butter. Trout aux fines herbes, in cases.

Entrees.

Tendrons de Veau and Peas. Lamb Cutlets and Cucumbers.

Second Course.

Loin of Veal à la Béchamel. Roast Fore-quarter of Lamb. Salad.
Braised Ham, garnished with Broad Beans. Vegetables.

Third Course.

Roast Ducks. Turkey Poul.
Stewed Peas à la Française. Lobster Salad. Cherry Tart.
Raspberry-and-Currant Tart. Custards, in glasses. Lemon Creams.
Nesselrode Pudding. Marrow Pudding.

Dessert and Ices.

2021.—DINNER FOR 8 PERSONS (July)

First Course.

Green-Pea Soup.

Salmon and Lobster Sauce. Crimped Perch and Dutch Sauce.

Entrees.

Stewed Veal and Peas. Lamb Cutlets and Cucumbers.

Second Course.

Haunch of Venison. Boiled Fowls à la Béchamel. Braised Ham. Vegetables.

Third Course.

Roast Ducks.

Peas à la Française. Lobster Salad. Strawberry Cream. Blancmange.

Cherry Tart. Cheesecakes. Iced Pudding.

Dessert and Ices.

2022.—DINNER FOR 6 PERSONS (July).—I.

First Course.

Soup à la Jardinière.

Salmon Trout and Parsley-and-Butter. Filets of Mackerel à la Maître d'Hôtel.

Entrees.

Lobster Cutlets. Beef Palates à la Italienne.

Second Course.

Roast Lamb. Boiled Capon and White Sauce.

Boiled Tongue, garnished with small Vegetable Marrows. Bacon and Beans.

Third Course.

Goslings.

Whipped Strawberry Cream. Raspberry-and-Currant Tart. Meringues.

Cherry Tartlets. Iced Pudding.

Dessert and Ices.

2023.—DINNER FOR 6 PERSONS (July).—II.

First Course.

Julienne Soup.

Crimped Salmon and Caper Sauce. Whitebait.

Entrees.

Croquettes à la Reine. Curried Lobster.

Second Course.

Roast Lamb. Rump of Beef à la Jardinière.

Third Course.

Larded Turkey Poul.

Raspberry Cream. Cherry Tart. Custards, in glasses. Gâteaux à la Genévoise.

Nesselrode Pudding.

Dessert.

PLAIN FAMILY DINNERS FOR JULY.

2024. *Sunday*.—1. Salmon trout and parsley-and-butter. 2. Roast fillet of veal, boiled bacon-cheek, peas, potatoes. 3. Raspberry-and-currant tart, baked custard pudding.

2025. *Monday*.—1. Green-pea soup. 2. Roast fowls garnished with water-cresses; gravy, bread sauce; cold veal and salad. 3. Cherry tart.

2026. *Tuesday*.—1. John dory and lobster sauce. 2. Curried fowl with remains of cold fowls, dish of rice, veal rolls with remains of cold fillet. 3. Strawberry cream.

2027. *Wednesday*.—1. Roast leg of mutton, vegetable marrow, and potatoes, melted butter. 2. Black-currant pudding.

2028. *Thursday*.—1. Fried soles, anchovy sauce. 2. Mutton cutlets and tomato sauce, hashed mutton, peas, potatoes. 3. Lemon dumplings.

2029. *Friday*.—1. Boiled brisket of beef, carrots, turnips, suet dumplings, peas, potatoes. 2. Baked semolina pudding.

2030. *Saturday*.—1. Cold beef and salad, lamb cutlets and peas. 2. Rolled jam pudding.

2031. *Sunday*.—1. Julienne soup. 2. Roast lamb, half calf's head, tongue and brains, boiled ham, peas and potatoes. 3. Cherry tart, custards.

2032. *Monday*.—1. Hashed calf's head, cold lamb and salad. 2. Vegetable marrow and white sauce, instead of pudding.

2033. *Tuesday*.—1. Stewed veal, with peas, young carrots, and potatoes. Small meat pie. 2. Raspberry-and-currant pudding.

2034. *Wednesday*.—1. Roast ducks stuffed, gravy, peas, and potatoes; the remains of stewed veal rechauffé. 2. Macaroni served as a sweet pudding.

2035. *Thursday*.—1. Slices of salmon and caper sauce. 2. Boiled knuckle of veal, parsley-and-butter, vegetable marrow and potatoes. 3. Black-currant pudding.

2036. *Friday*.—1. Roast shoulder of mutton, onion sauce, peas and potatoes. 2. Cherry tart, baked custard pudding.

2037. *Saturday*.—1. Minced mutton, rumpsteak-and-kidney pudding. 2. Baked lemon pudding.

AUGUST.

2038.—DINNER FOR 18 PERSONS.

First Course.

Red Mullet.	Mock-Turtle Soup, removed by Broiled Salmon and Caper Sauce.	Perch.
	Vase of Flowers.	
	Soup à la Julienne, removed by Brill and Shrimp Sauce.	

Entrées.

Curried Lobster.	Fricandeau de Veau à la Jardinière.	Lamb Cutlets à la Purée de Pommes de Terre.
	Vase of Flowers.	
	Fillets of Ducks and Peas.	

Second Course.

Capon à la Financière.	Haunch of Venison.	Roast Fowl.
	Ham, garnished.	
	Vase of Flowers.	
	Leveret Pie.	
	Saddle of Mutton.	

Third Course.

Charlotte à la Vanille. Lobster Salad. Raspberries Tartlets.	Grouse, removed by Cabinet Pudding.	Cheesecakes. Custards. Prawns.
	Fruit Jelly.	
	Vase of Flowers.	
	Vol-au-Vent of Pears.	
	Larded Peahen, removed by Iced Pudding.	

Dessert and Ices.

2039.—DINNER FOR 12 PERSONS (August).

First Course.

Vermicelli Soup. Soup à la Reine.
Boiled Salmon. Fried Flounders. Trout en Matelot.

Entrees.

Stewed Pigeons. Sweetbreads. Ragoût of Ducks.
Fillets of Chickens and Mushrooms.

Second Course.

Quarter of Lamb. Cotelette de Bœuf à la Jardinière.
Roast Fowls and Boiled Tongue. Bacon and Beans.

Third Course.

Greengage Tart. Whipped Cream. Vol-au-Vent of Plums. Fruit Jelly.
Iced Pudding. Cabinet Pudding.

Dessert and Ices.

2040.—DINNER FOR 8 PERSONS (August).**First Course.****Julienne Soup.**

Fillets of Turbot and Dutch Sauce. Red Mullet.

Entrees.

Riz de Veau aux Tomates. Fillets of Ducks and Peas.

Second Course.

Haunch of Venison. Boiled Capon and Oysters. Ham, garnished. Vegetables.

Third Course.**Leveret.**

Fruit Jelly. Compôte of Greengages. Plum Tart. Custards, in glasses.

Omelette soufflée.

Dessert and Ices.**2041.—DINNER FOR 6 PERSONS (August).—I.****First Course.****Macaroni Soup.**

Crimped Salmon and Sauce Hollandaise. Fried Fillets of Trout.

Entrees.

Tendrons de Veau and Stewed Peas. Salmi of Grouse.

Second Course.

Roast Loin of Veal. Boiled Bacon, garnished with French Beans.

Stewed Beef à la Jardinière. Vegetables.

Third Course.**Turkey Poul.**

Plum Tart. Custard Pudding. Vol-au-Vent of Pears.

Strawberry Cream. Ratafia Soufflé.

Dessert.**2042.—DINNER FOR 6 PERSONS (August).—II.****First Course.****Vegetable-Marrow Soup.**

Stewed Mullet. Fillets of Salmon and Ravigotte Sauce.

Entrees.

Curried Lobster. Fricandeau de Veau à la Jardinière.

Second Course.

Roast Saddle of Mutton. Stewed Shoulder of Veal, garnished with

Force-meat Balls. Vegetables.

Third Course.

Roast Grouse and Bread Sauce.

Vol-au-Vent of Greengages. Fruit Jelly. Raspberry Cream.

Custards. Fig Pudding.

Dessert.

PLAIN FAMILY DINNERS FOR AUGUST.

2043. *Sunday*.—1. Vegetable-marrow soup. 2. Roast quarter of lamb, mint sauce, French beans and potatoes. 3. Raspberry-and-currant tart, custard pudding.

2044. *Monday*.—1. Cold lamb and salad, small meat pie, vegetable marrow and white sauce. 2. Lemon dumplings.

2045. *Tuesday*.—1. Boiled mackerel. 2. Stewed loin of veal, French beans and potatoes. 3. Baked raspberry pudding.

2046. *Wednesday*.—1. Vegetable soup. 2. Lamb cutlets and French beans; the remains of stewed shoulder of veal, mashed vegetable marrow. 3. Black-currant pudding.

2047. *Thursday*.—1. Roast ribs of beef, Yorkshire pudding, French beans and potatoes. 2. Bread-and-butter pudding.

2048. *Friday*.—1. Fried soles and melted butter. 2. Cold beef and salad, lamb cutlets and mashed potatoes. 3. Cauliflowers and white sauce instead of pudding.

2049. *Saturday*.—1. Stewed beef and vegetables, with remains of cold beef; mutton pudding. 2. Macaroni and cheese.

2050. *Sunday*.—1. Salmon pudding. 2. Roast fillet of veal, boiled bacon-cheek garnished with tufts of cauliflowers, French beans and potatoes. 3. Plum tart, boiled custard pudding.

2051. *Monday*.—1. Baked soles. 2. Cold veal and bacon, salad, mutton cutlets and tomato sauce. 3. Boiled currant pudding.

2052. *Tuesday*.—1. Rice soup. 2. Roast fowls and water-cresses, boiled knuckle of ham, minced veal garnished with croûtons; vegetables. 3. College puddings.

2053. *Wednesday*.—1. Curried fowl with remains of cold fowl; dish of rice, stewed rump-steak and vegetables. 2. Plum tart.

2054. *Thursday*.—1. Boiled brisket of beef, carrots, turnips, suet dumplings, and potatoes. 2. Baked bread pudding.

2055. *Friday*.—1. Vegetable soup, made from liquor that beef was boiled in. 2. Cold beef and dressed cucumber, veal cutlets and tomato sauce. 3. Fondue.

2056. *Saturday*.—1. Bubble-and-squeak, made from remains of cold beef; cold veal-and-ham pie, salad. 2. Baked raspberry pudding.

SEPTEMBER.

2087.—DINNER FOR 18 PERSONS.

First Course.

Roast Mullet & Italian Sauce.	Julienne Soup, removed by Brill and Shrimp Sauce.	Fried Eels.
	Vase of Flowers.	
	Giblet Soup, removed by Salmon and Lobster Sauce.	

Entrées.

Filets of Chicken and Truffles.	Lamb Cutlets and French Beans.	Oysters au gratin.
	Vase of Flowers.	
	Sweetbreads and Tomata Sauce.	

Second Course.

Chickens à la Béchamel.	Saddle of Mutton.	Braised Goose.
	Veal-and-Ham Pie.	
	Vase of Flowers.	
	Broiled Ham, garnished with Cauliflowers.	
	Fillet of Veal.	

Third Course.

Custards, Noyau Jelly, Plum Tart.	Partridges, removed by Plum-pudding.	Lemon Cream, Apple Tart, Custards.
	Compôte of Greengages.	
	Vase of Flowers.	
	Pastry Sandwiches.	
	Grouse & Bread Sauce, removed by Nesselrode Pudding.	

Dessert and Ices.

2088.—DINNER FOR 12 PERSONS (September).

First Course.

Mock-Turtle Soup. Soup à la Jardinière.
Salmon and Lobster Sauce. Fried Whittings. Stewed Eels.

Entrees.

Veal Cutlets. Scalloped Oysters. Curried Fowl. Grilled Mushrooms.

Second Course.

Haunch of Mutton. Boiled Calf's Head à la Béchamel. Braised Ham.
Roast Fowls aux Cressons.

Third Course.

Leveret. Grouse.
Cabinet Pudding. Iced Pudding. Compôte of Plums. Damson Tart.
Cream. Fruit Jelly. Prawns. Lobster Salad.

Dessert and Ices.

2059.—DINNER FOR 8 PERSONS (September).

First Course.

Flemish Soup.

Turbot, garnished with Fried Smelts. Red Mullet and Italian Sauce.

Entrees.

Tendrons de Veau and Truffles. Lamb Cutlets and Sauce Piquante.

Second Course.

Loin of Veal à la Béchamel. Roast Haunch of Venison. Braised Ham.
Grouse Pic. Vegetables.

Third Course.

Roast Hare.

Plum Tart. Whipped Cream. Punch Jelly. Compôte of Damsons.
Marrow Pudding.

Dessert.

2060.—DINNER FOR 6 PERSONS (September).—I.

First Course.

Game Soup.

Crimped Skate. Slices of Salmon à la Genévese.

Entrees.

Fricasseeed Sweetbreads. Savoury Rissoles.

Second Course.

Sirloin of Beef and Horseradish Sauce. Boiled Leg of Mutton and Capers Sauce.
Vegetables.

Third Course.

Roast Partridges.

Charlotte Russe. Apricots and Rice. Fruit Jelly. Cabinet Pudding

Dessert.

2061.—DINNER FOR 6 PERSONS (September).—II.

First Course.

Thick Gravy Soup.

Fillets of Turbot à la Crème. Stewed Eels.

Entrees.

Vol-au-Vent of Lobster. Salmi of Grouse.

Second Course.

Haunch of Venison. Rump of Beef à la Jardinière.
Hare, boned and larded, with Mushrooms.

Third Course.

Roast Grouse.

Apricot Blancmange. Compôte of Peaches. Plum Tart.
Custards. Plum-pudding.

Dessert.

PLAIN FAMILY DINNERS FOR SEPTEMBER.

2062. *Sunday*.—1. Julienne soup. 2. Roast ribs of beef, Yorkshire pudding, horseradish sauce, French beans, and potatoes. 3. Greengage pudding, vanilla cream.

2063. *Monday*.—1. Crimped skate and crab sauce. 2. Cold beef and salad, small veal-and-ham pie. 3. Vegetable marrow and white sauce.

2064. *Tuesday*.—1. Fried soles, melted butter. 2. Boiled fowls, parsley-and-butter; bacon-cheek, garnished with French beans; beef rissoles, made from remains of cold beef. 3. Plum tart and cream.

2065. *Wednesday*.—1. Boiled round of beef, carrots, turnips, and suet dumplings; marrow on toast. 2. Baked damsons and rice.

2066. *Thursday*.—1. Vegetable soup, made from liquor that beef was boiled in. 2. Lamb cutlets and cucumbers, cold beef and salad. 3. Apple pudding.

2067. *Friday*.—1. Baked soles. 2. Bubble-and-squeak, made from cold beef; veal cutlets and rolled bacon. 3. Damson tart.

2068. *Saturday*.—1. Irish stew, rump-steaks and oyster sauce. 2. Somersetshire dumplings.

2069. *Sunday*.—1. Fried filleted soles and anchovy sauce. 2. Roast leg of mutton, brown onion sauce, French beans, and potatoes; half calf's head, tongue, and brains. 3. Plum tart; custards, in glasses.

2070. *Monday*.—1. Vegetable-marrow soup. 2. Calf's head à la maître d'hôtel, from remains of cold head; boiled brisket of beef and vegetables. 3. Stewed fruit and baked rice pudding.

2071. *Tuesday*.—1. Roast fowls and water-cresses; boiled bacon, garnished with tufts of cauliflower; hashed mutton, from remains of mutton of Sunday. 2. Baked plum-pudding.

2072. *Wednesday*.—1. Boiled knuckle of veal and rice, turnips, potatoes; small ham, garnished with French beans. 2. Baked apple pudding.

2073. *Thursday*.—1. Brill and shrimp sauce. 2. Roast hare, gravy, and red-currant jelly; mutton cutlets and mashed potatoes. 3. Scalloped oysters, instead of pudding.

2074. *Friday*.—1. Small roast loin of mutton; the remains of hare, jugged; vegetable marrow and potatoes. 2. Damson pudding.

2075. *Saturday*.—1. Rump-steaks, broiled, and oyster sauce, mashed potatoes; veal-and-ham pie,—the ham may be cut from that boiled on Wednesday, if not all eaten cold for breakfast. 2. Lemon pudding.

OCTOBER.

2076.—DINNER FOR 18 PERSONS.

First Course.

Sole à la Normande.	Mock-Turtle Soup, removed by Crimped Cod and Oyster Sauce.	Red Mallet.
	Vase of Flowers.	
	Julienne Soup, removed by John Dory and Dutch Sauce.	

Entrées.

Oyster Patties.	Sweetbreads and Tomato Sauce.	Stewed Mushrooms.
	Vase of Flowers.	
	Fricandeau de Veau and Celery Sauce.	

Second Course.

Roast Goose.	Roast Saddle of Mutton.	Boiled Fowls and Oyster Sauce.
	Grouse Pie.	
	Vase of Flowers.	
	Ham.	
	Larded Turkey.	

Third Course.

Custards. Gâteau de Pommes. Lobster Salad.	Pheasants, removed by Cabinet Pudding.	Prawns. Compôte of Piums. Apple Tart.
	Italian Cream.	
	Vase of Flowers.	
	Peach Jelly.	
	Roast Hare, removed by Iced Pudding.	

Dessert and Ices.

2077.—DINNER FOR 12 PERSONS (October).

First Course.

Carrot Soup à la Créci. Soup à la Reine.
Baked Cod. Stewed Eels.

Entrees.

Riz de Veau and Tomato Sauce. Vol-au-Vent of Chicken.
Pork Cutlets and Sauce Robert. Grilled Mushrooms.

Second Course.

Rump of Beef à la Jardinière. Roast Goose. Boiled Fowls and Celery Sauce.
Tongue, garnished. Vegetables.

Third Course.

Grouse. Pheasants.
Quince Jelly. Lemon Cream. Apple Tart. Compôte of Peaches.
Nesselrode Pudding. Cabinet Pudding. Scalloped Oysters.

Dessert and Ices.

2078.—DINNER FOR 8 PERSONS (October).**First Course.**

Calf's-Head Soup.

Crimped Cod and Oyster Sauce. Stewed Eels.

Entrees.

Stewed Mutton Kidneys. Curried Sweetbreads.

Second Course.

Boiled Leg of Mutton, garnished with Carrots and Turnips. Roast Goose.

Third Course.

Partridges.

Fruit Jelly. Italian Cream. Vol-au-Vent of Pears. Apple Tart.

Cabinet Pudding.

Dessert and Ices.**2079.—DINNER FOR 6 PERSONS (October).—I.****First Course.**

Hare Soup.

Broiled Cod à la Maitre d'Hôtel. Haddock and Egg Sauce.

Entrees.

Veal Cutlets, garnished with French Beans. Haricot Mutton.

Second Course.

Roast Haunch of Mutton. Boiled Capon and Rice. Vegetables.

Third Course.

Pheasants.

Punch Jelly. Blancmange. Apples à la Portugaise.

Charlotte à la Vanille. Marrow Pudding.

Dessert.**2080.—DINNER FOR 6 PERSONS (October).—II.****First Course.**

Mock-Turtle Soup.

Drill and Lobster Sauce. Fried Whiting.

Entrees.

Fowl à la Béchamel. Oyster Patties.

Second Course.

Roast Sucking-Pig. Stewed Rump of Beef à la Jardinière. Vegetables.

Third Course.

Grouse.

Charlotte aux Pommes. Coffee Cream. Cheesecakes.

Apricot Tart. Iced Pudding.

Dessert.

PLAIN FAMILY DINNERS FOR OCTOBER.

2081. *Sunday*.—1. Roast sucking-pig, tomata sauce and brain sauce ; small boiled leg of mutton, caper sauce, turnips, and carrots. 2. Damson tart, boiled batter pudding.

2082. *Monday*.—1. Vegetable soup, made from liquor that mutton was boiled in. 2. Sucking-pig en blanquette, small meat pie, French beans, and potatoes. 3. Pudding, pies.

2083. *Tuesday*.—1. Roast partridges, bread sauce, and gravy ; slices of mutton warmed in caper sauce ; vegetables. 2. Baked plum-pudding.

2084. *Wednesday*.—1. Roast ribs of beef, Yorkshire pudding, vegetable marrow, and potatoes. 2. Damson pudding.

2085. *Thursday*.—1. Fried soles, melted butter. 2. Cold beef and salad ; mutton cutlets and tomata sauce. 3. Macaroni.

2086. *Friday*.—1. Carrot soup. 2. Boiled fowls and celery sauce ; bacon-check, garnished with greens ; beef rissoles, from remains of cold beef. 3. Baroness pudding.

2087. *Saturday*.—1. Curried fowl, from remains of cold ditto ; dish of rice, rumpsteak-and-kidney pudding, vegetables. 2. Stewed pears and sponge cakes.

2088. *Sunday*.—1. Crimped cod and oyster sauce. 2. Roast haunch of mutton, brown onion sauce, and vegetables. 3. Bullace pudding, baked custards in cups.

2089. *Monday*.—1. The remains of codfish, flaked, and warmed in a *maitre d'hôtel* sauce. 2. Cold mutton and salad, veal cutlets and rolled bacon, French beans and potatoes. 3. Arrowroot blancmange and stewed damsons.

2090. *Tuesday*.—1. Roast hare, gravy, and red-currant jolly ; hashed mutton, vegetables. 2. Currant dumplings.

2091. *Wednesday*.—1. Jugged hare, from remains of roast ditto ; boiled knuckle of veal and rice ; boiled bacon-cheek. 2. Apple pudding.

2092. *Thursday*.—1. Roast leg of pork, apple sauce, greens, and potatoes. 2. Rice snowballs.

2093. *Friday*.—1. Slices of pork, broiled, and tomata sauce, mashed potatoes ; roast pheasants, bread sauce, and gravy. 2. Baked apple pudding.

2094. *Saturday*.—1. Rump-steak pie, sweetbreads. 2. Ginger pudding.

NOVEMBER.

2095.—DINNER FOR 18 PERSONS.

First Course.

Baked Whittings.	Thick Grouse Soup, removed by Crimped Cod and Oyster Sauce.	Fried Smelts.
	Vase of Flowers.	
	Clear Ox-tail Soup, removed by Filets of Turbot à la Crème.	

Entrées.

Filets of Lovoreh.	Poulet à la Marengo.	Ragout of Lobster.
	Vase of Flowers.	
	Mushrooms sautés.	

Second Course.

Lark Pudding.	Haunch of Mutton.	Roast Fowls.
	Cold Game Pie.	
	Vase of Flowers.	
	Boiled Ham.	
	Boiled Turkey and Celery Sauce.	

Third Course.

Apple Tart. Prawns.	Partridges, removed by Plum-pudding.	Vol-au-Vent of Peas. Apricot Tartlets. Shell-Fish.
	Wine Jelly.	
	Vase of Flowers.	
	Blanmange.	
	Snipes, removed by Charlotte glacée.	

Dessert and Ices.

2096.—DINNER FOR 12 PERSONS (November).

First Course.

Hare Soup. Julienne Soup.
Baked Cod. Soles à la Normandie.

Entrees.

Riz de Veau aux Tomates. Lobster Patties.
Mutton Cutlets and Soubise Sauce. Crottades of Marrow aux fines herbes.

Second Course.

Roast Sirloin of Beef. Braised Goose. Boiled Fowls and Celery Sauce.
Bacon-cheek, garnished with Sprouts.

Third Course.

Wild Ducks. Partridges.
Apples à la Portugaise. Bavarian Cream. Apricot-jam Sandwiches.
Cheesecakes. Charlotte à la Vanille. Plum-pudding.

Dessert and Ices.

2097.—DINNER FOR 8 PERSONS (November).**First Course.**

Mulligatawny Soup.

Fried slices of Codfish and Oyster Sauce. Eels en Matalota.

Entrees.

Broiled Pork Cutlets and Tomato Sauce. Tendrons de Veau à la Jardinière.

Second Course.

Boiled Leg of Mutton and Vegetables. Roast Goose. Cold Game Pie.

Third Course.

Snipes. Teal.

Apple Soufflé. Loaf Charlotte. Tartlets. Champagne Jelly.

Coffee Cream. Mince Pies.

Dessert and Ices.**2098.—DINNER FOR 6 PERSONS (November).—I.****First Course.**

Oyster Soup.

Crimped Cod and Oyster Sauce. Fried Perch and Dutch Sauce.

Entrees.

Pigs' Feet à la Béchamel. Curried Rabbit.

Second Course.

Roast Sucking-Pig. Boiled Fowls and Oyster Sauce. Vegetables.

Third Course.

Jugged Hare.

Meringues à la Crème. Apple Custard. Vol-au-Vent of Pears.

Whipped Cream. Cabinet Pudding.

Dessert.**2099.—DINNER FOR 6 PERSONS (November).—II.****First Course.**

Game Soup.

Slices of Codfish and Dutch Sauce. Fried Eels.

Entrees.

Kidneys à la Maître d'Hôtel. Oyster Patties.

Second Course.

Saddle of Mutton. Boiled Capon and Rice. Small Ham. Lark Pudding.

Third Course.

Roast Hare.

Apple Tart. Pineapple Cream. Clear Jelly. Cheesecakes.

Marrow Pudding. Nesselrode Pudding.

Dessert.

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PLAIN FAMILY DINNERS FOR NOVEMBER.

2100. *Sunday*.—1. White soup. 2. Roast haunch of mutton, haricot beans, potatoes. 3. Apple tart, ginger pudding.

2101. *Monday*.—1. Stewed eels. 2. Veal cutlets garnished with rolled bacon; cold mutton and winter salad. 3. Baked rice pudding.

2102. *Tuesday*.—1. Roast fowls, garnished with water-cresses; boiled bacon-cheek; hashed mutton from remains of haunch. 2. Apple pudding.

2103. *Wednesday*.—1. Boiled leg of pork, carrots, parsnips, and pease-pudding; fowl croquettes made with remainder of cold fowl. 2. Baroness pudding.

2104. *Thursday*.—1. Cold pork and mashed potatoes; roast partridges, bread sauce and gravy. 2. The remainder of pudding cut into neat slices, and warmed through, and served with sifted sugar sprinkled over; apple fritters.

2105. *Friday*.—1. Roast hare, gravy, and currant jelly; rump-steak and oyster sauce; vegetables. 2. Macaroni.

2106. *Saturday*.—1. Jugged hare; small mutton pudding. 2. Fig pudding.

2107. *Sunday*.—1. Crimped cod and oyster sauce. 2. Roast fowls, small boiled ham, vegetables; rump-steak pie. 3. Baked apple pudding, open jam tart.

2108. *Monday*.—1. The remainder of cod warmed in maitre d'hôtel sauce. 2. Boiled aitchbone of beef, carrots, parsnips, suet dumplings. 3. Baked bread-and-butter pudding.

2109. *Tuesday*.—1. Pea-soup, made from liquor in which beef was boiled. 2. Cold beef, mashed potatoes; mutton cutlets and tomata sauce. 3. Carrot pudding.

2110. *Wednesday*.—1. Fried soles and melted butter. 2. Roast leg of pork, apple sauce, vegetables. 3. Macaroni with Parmesan cheese.

2111. *Thursday*.—1. Bubble-and-squeak from remains of cold beef; curried pork. 2. Baked Semolina pudding.

2112. *Friday*.—1. Roast leg of mutton, stewed Spanish onions, potatoes. 2. Apple tart.

2113. *Saturday*.—1. Hashed mutton; boiled rabbit and onion sauce; vegetables. 2. Damson pudding made with bottled fruit.

DECEMBER.

2114.—DINNER FOR 18 PERSONS.

First Course.

Stewed Idols.	Mock-Turtle Soup, removed by Cod's Head and Shoulders and Oyster Sauce.	Fried Whittings.
	Vase of Flowers.	
	Julienne Soup, removed by Soles aux fines herbes.	

Entrées.

Curried Lobster.	Fillets of Grouse and Sauce Piquante.	Mutton Cutlets and Soubise Sauce.
	Vase of Flowers.	
	Sweetbreads.	

Second Course.

Roast Goose.	Haunch of Mutton.	Stewed Beef à la Jardinière.
	Ham and Brussels Sprouts.	
	Vase of Flowers.	
	Game Pie.	
	Boiled Turkey and Celery Sauce.	

Third Course.

Apricot Torte. Lemon Jelly. Tippay Cake.	Pheasants, removed by Plum-pudding.	Victoria Sandwiches. Champagne Jelly. Mince Pies.
	Vanilla Cream.	
	Vase of Flowers.	
	Blanchemange.	
	Wild Ducks, removed by Iced Pudding.	

Dessert and Ices.

2115.—DINNER FOR 12 PERSONS (December).

First Course.

Game Soup. Clear Vermicelli Soup.
Codfish au gratin. Fillets of Whittings à la Maitre d'Hôtel.

Entrées.

Filet de Bœuf and Sauce Piquante. Fricassee'd Chicken.
Oyster Patties. Curried Rabbit.

Second Course.

Roast Turkey and Sausages. Boiled Leg of Pork and Vegetables.
Roast Goose. Stewed Beef à la Jardinière.

Third Course.

Widgeon. Partridges.
Charlotte aux Pommes. Mince Pies. Orange Jelly. Lemon Cream.
Apple Tart. Cabinet Pudding.

Dessert and Ices.

2116.—DINNER FOR 10 PERSONS (December).

First Course,

Mulligatawny Soup.

Fried Slices of Codfish. Soles à la Crème.

Entrees.

Croquettes of Fowl. Pork Cutlets and Tomata Sauce.

Second Course.

Roast Ribs of Beef. Boiled Turkey and Celery Sauce. Tongue, garnished.
Lark Pudding. Vegetables.

Third Course.

Roast Hare. Grouse.

Plum-pudding. Mince Pies. Charlotte à la Parisienne. Cheesecakes.

Apple Tart. Nesselrode Pudding.

Dessert and Ices.

2117.—DINNER FOR 8 PERSONS (December).

First Course.

Carrot Soup.

Crimped Cod and Oyster Sauce. Baked Soles.

Entrees.

Mutton Kidneys à la Française. Oyster Patties.

Second Course.

Boiled Beef and Vegetables. Marrow-bones. Roast Fowls and Water-cresses.
Tongue, garnished. Game Pie.

Third Course.

Partridges.

Blancmange. Compôte of Apples. Vol-au-Vent of Pears.

Almond Cheesecakes. Lemon Pudding.

Dessert and Ices.

2118.—DINNER FOR 6 PERSONS (December).—I.

First Course.

Rabbit Soup.

Brill and Shrimp Sauce.

Entrees.

Curried Fowl. Oyster Patties.

Second Course.

Roast Turkey and Sausages. Boiled Leg of Pork. Vegetables.

Third Course.

Hunters' Pudding. Lemon Cheesecakes. Apple Tart. Custards, in glasses.

Raspberry Cream.

Dessert.

2119.—DINNER FOR 6 PERSONS (December).—II.

First Course.

Ox-tail Soup.

Crimped Cod and Oyster Sauce.

Entrees.

Savoury Rissoles. Fowl Scollops à la Béchamel.

Second Course.

Haunch of Mutton. Boiled Chickens and Celery Sauce.
Bacon-check, garnished with Brussels Sprouts. Vegetables.

Third Course.

Snipes.

Orange Jelly. Cheesecakes. Apples à la Portugaise.
Apricot-jam Tartlets. Soufflé of Rice.

Dessert.

2120.—DINNER FOR 6 PERSONS (December).—III.

First Course.

Vermicelli Soup.

Soles à la Maître d'Hôtel. Fried Eels.

Entrees.

Pork Cutlets and Tomata Sauce. Ragôût of Mutton à la Jardinière.

Second Course.

Roast Goose. Boiled Leg of Mutton and Vegetables.

Third Course.

Pheasants.

Whipped Cream. Meringues. Compôte of Normandy Pippins.
Mince Pies. Plum-pudding.

Dessert.

2121.—DINNER FOR 6 PERSONS (December).—IV.

First Course.

Carrot Soup.

Baked Cod. Fried Smelts.

Entrees.

Stewed Rump-steak à la Jardinière. Fricassee Chicken.

Second Course.

Roast Leg of Mutton, boned and stuffed. Boiled Turkey and Oyster Sauce.
Vegetables.

Third Course.

Wild Ducks.

Fancy Pastry. Lemon Cream. Damson Tart, with bottled fruit.
Custards, in glasses. Cabinet Pudding.

Dessert.

PLAIN FAMILY DINNERS FOR DECEMBER.

2122. *Sunday*.—1. Carrot soup. 2. Roast beef, horseradish sauce, vegetables. 3. Plum-pudding, mince pies.

2123. *Monday*.—1. Fried whittings, melted butter. 2. Rabbit pie, cold beef, mashed potatoes. 3. Plum-pudding cut in slices and warmed; apple tart.

2124. *Tuesday*.—1. Hashed beef and broiled bones, pork cutlets and tomato sauce; vegetables. 2. Baked lemon pudding.

2125. *Wednesday*.—1. Boiled neck of mutton and vegetables; the broth served first with a little pearl barley or rice boiled in it. 2. Bakewell pudding.

2126. *Thursday*.—1. Roast leg of pork, apple sauce, vegetables. 2. Rice snowballs.

2127. *Friday*.—1. Soles à la Crème. 2. Cold pork and mashed potatoes, broiled rump-steaks and oyster sauce. 3. Rolled jam pudding.

2128. *Saturday*.—1. The remains of cold pork curried, dish of rice, mutton cutlets, and mashed potatoes. 2. Baked apple dumplings.

2129. *Sunday*.—1. Roast turkey and sausages, boiled leg of pork, pea pudding, vegetables. 2. Baked apple pudding, mince pies.

2130. *Monday*.—1. Hashed turkey, cold pork, mashed potatoes. 2. Mince-meat pudding.

2131. *Tuesday*.—1. Pea-soup made from liquor in which pork was boiled. 2. Boiled fowls and celery sauce, vegetables. 3. Baked rice pudding.

2132. *Wednesday*.—1. Roast leg of mutton, stewed Spanish onions, potatoes. 2. Baked rolled jam pudding.

2133. *Thursday*.—1. Baked cod's head. 2. Cold mutton, roast hare, gravy and red-currant jelly. 3. Macaroni.

2134. *Friday*.—1. Hare soup, made with stock and remains of roast hare. 2. Hashed mutton, pork cutlets, and mashed potatoes. 3. Open tarts, rice blanchmange.

2135. *Saturday*.—1. Rumpsteak-and-kidney pudding, vegetables. 2. Mince pies, baked apple dumplings.

2136.—BILL OF FARE FOR A GAME DINNER FOR
30 PERSONS (November).

First Course.

Purée of Grouse.	Hare Soup.	Pheasant Soup.
	Vase of Flowers.	
	Soup à la Reine.	

Entrées.

Salmi of Wildgeon.	Fillets of Hare en Chevreuil.	Salmi of Woodcock.
	Perdrix aux Choux.	
	Vase of Flowers.	
	Curried Rabbit.	
	Fillet of Pheasant and Truffles.	

Second Course.

Cold Pheasant Pie à la Périgord.	Larded Pheasants.	Hot raised Pie of mixed Game.
	Leveret, larded and stuffed.	
	Vase of Flowers.	
	Grouse.	
	Larded Partridges.	

Third Course.

Snipes.	Pintails.	Snipes. Wildgeon. Ortolans.
	Quails.	
	Vase of Flowers.	
	Teal.	
	Woodcocks.	

Entremets and Removes.

Apricot Tart.	Bondin à la Nesselrode.	Maids of Honour.
	Dantzic Jelly.	
Vol-au-Vent of Pears.	Vase of Flowers.	Gâteau Génoise glacé.
	Charlotte Russe.	
Maids of Honour.	Plum-pudding.	Compte of Apples.

Dessert.

Olives.	Strawberry-Ice Cream.	Dried Fruit. Figs.
	Pineapples.	
	Grapes.	
	Pears.	
	Vase of Flowers.	
Ginger-Ice Cream.	Apples.	Preserved Walnuts. Biscuits. Orange-Water Ice.
	Grapes.	
	Pears.	
	Lemon-Water Ice.	

M E N U.

2137.—SERVICE A LA RUSSE (July).

 Julienne Soup. Vermicelli Soup.

Boiled Salmon. Turbot and Lobster Sauce.

Soles-Water Souchy. Perch-Water Souchy.

Matelote d'Anguilles à la Toulouse. Filets de Soles à la Normandie.

Red Mullet. Trout.

Lobster Rissoles. Whitebait.

Riz de Veau à la Banquière. Filets de Poulets aux Coucumbres.

Canards à la Rouennaise. Mutton Cutlets à la Jardinière.

Braised Beef à la Flamande. Spring Chickens.

Roast Quarter of Lamb. Roast Saddle of Mutton.

Tongue. Ham and Peas.

 Quails, larded. Roast Ducks. Turkey Poul, larded.

Mayonnaise of Chicken. Tomatas. Green Peas à la Française.

Suédoise of Strawberries. Charlotte Russe. Compôte of Cherries.

Neapolitan Cakes. Pastry. Madeira Wine Jelly.

Iced Pudding à la Nesselrode.

 Dessert and Ices.

Note.—Dinners à la Russe differ from ordinary dinners in the mode of serving the various dishes. In a dinner à la Russe, the dishes are cut up on a sideboard, and handed round to the guests, and each dish may be considered a course. The table for a dinner à la Russe should be laid with flowers and plants in fancy flowerpots down the middle, together with some of the dessert dishes. A *menu* or bill of fare should be laid by the side of each guest.

M. E N U.

2138.—SERVICE A LA RUSSE (November).

Ox-tail Soup. Soup à la Jardinière.

Turbot and Lobster Sauce. Crimped Cod and Oyster Sauce.

Stewed Eels. Soles à la Normandie.

Pike and Cream Sauce. Fried Filleted Soles.

Filets de Bœuf à la Jardinière. Croquettes of Game aux Champignons.

Chicken Cutlets. Mutton Cutlets and Tomata Sauce.

Lobster Rissoles. Oyster Patties.

Partridges aux fines herbes. Larded Sweetbreads.

Roast Beef. Poulets aux Cressons.

Haunch of Mutton. Roast Turkey.

Boiled Turkey and Celery Sauce. Ham.

Grouse. Pheasants. Hare.

Salad. Artichokes. Stewed Celery.

Italian Cream. Charlotte aux Pommes. Compôte of Pears.

Croutes madrées aux Fruits. Pastry. Punch Jelly.

Iced Pudding.

Dessert and Ices.

Note.—Dinners à la Russe are scarcely suitable for small establishments; a large number of servants being required to carve, and to help the guests; besides there being a necessity for more plates, dishes, knives, forks, and spoons, than are usually to be found in any other than a very large establishment. Where, however, a service à la Russe is practicable, there is, perhaps, no mode of serving a dinner so enjoyable as this.

SUPPERS.

2139. Much may be done in the arrangement of a supper-table, at a very small expense, provided *taste* and *ingenuity* are exercised. The colours and flavours of the various dishes should contrast nicely; there should be plenty of fruit and flowers on the table, and the room should be well lighted. We have endeavoured to show how the various dishes may be placed; but of course these little matters entirely depend on the length and width of the table used, on individual taste, whether the tables are arranged round the room, whether down the centre, with a cross one at the top, or whether the supper is laid in two separate rooms, &c. &c. The garnishing of the dishes has also much to do with the appearance of a supper-table. Hams and tongues should be ornamented with cut vegetable flowers, raised pies with aspic jelly cut in dice, and all the dishes garnished sufficiently to be in good taste without looking absurd. The eye, in fact, should be as much gratified as the palate. Hot soup is now often served at suppers, but is not placed on the table. The servants fill the plates from a tureen on the buffet, and then hand them to the guests; when these plates are removed, the business of supper commences.

2140. Where small rooms and large parties necessitate having a standing supper, many things enumerated in the following bill of fare may be placed on the buffet. Dishes for these suppers should be selected which may be eaten standing without any trouble. The following list may, perhaps, assist our readers in the arrangement of a buffet for a standing supper.

2141. Beef, ham, and tongue sandwiches, lobster and oyster patties, sausage rolls, meat rolls, lobster salad, dishes of fowls, the latter *all cut up*; dishes of sliced ham, sliced tongue, sliced beef, and galantine of veal; various jellies, blanchmanges, and creams; custards in glasses, compôtes of fruit, tartlets of jam, and several dishes of small fancy pastry; dishes of fresh fruit, bonbons, sweetmeats, two or three sponge cakes, a few plates of biscuits, and the buffet ornamented with vases of fresh or artificial flowers. The above dishes are quite sufficient for a standing supper; where more are desired, a supper must then be laid and arranged in the usual manner.

2142.—BILL OF FARE FOR A BALL SUPPER FOR 60 PERSONS (for Winter).

Lobster Salad.	Fruited Jelly.	BOAR'S HEAD, garnished with Aspic Jelly.	Charlotte Russe.	Lobster Salad.
	Small Pastry.	Mayonnaise of Fowl.	Biscuits.	
Two Roast Fowls, cut up.	Vanilla Cream.	Small Ham, garnished.	Fruited Jelly.	Two Roast Fowls, cut up.
	Prawns.	Iced Savoy Cake.	Prawns.	
Lobster Salad.	Biscuits.	Epergne, with Fruit.	Small Pastry.	Lobster Salad.
	Custards, in glasses.	Two Boiled Fowls, with Béchamel Sauce.	Custards, in glasses.	
Two Roast Fowls, cut up.	Fruited Jelly.	Tongue, ornamented.	Swiss Cream.	Lobster Salad.
	Meringues.	Trifle, ornamented.	Meringues.	
Two Roast Fowls, cut up.	Raspberry Cream.	Raised Chicken Pie.	Fruited Jelly.	Two Roast Fowls, cut up.
	Small Pastry.	Tipsy Cake.	Biscuits.	
Lobster Salad.	Custards, in glasses.	Roast Pheasant.	Custards, in glasses.	Lobster Salad.
	Prawns.	Epergne, with Fruit.	Prawns.	
Lobster Salad.	Biscuits.	Galantine of Veal.	Small Pastry.	Lobster Salad.
	Fruited Jelly.	Tipsy Cake.	Blancmange.	
Lobster Salad.	Charlotte Russe.	Raised Game Pie.	Fruited Jelly.	Lobster Salad.
		Trifle, ornamented.		
		Tongue, ornamented.		
		Two Boiled Fowls, with Béchamel Sauce.		
		EPERGNE, WITH FRUIT.		
		Iced Savoy Cake.		
		Small Ham, garnished.		
		Mayonnaise of Fowl.		
		Larded Capon.		

Note.—When soup is served from the buffet, Mock Turtle and Julienne may be selected. Besides the articles enumerated above, Ices, Wafers, Biscuits, Tea, Coffee, Wines, and Liqueurs will be required. Punch à la Romaine may also be added to the list of beverages.

BREAKFASTS.

2144. It will not be necessary to give here a long bill of fare of cold joints, &c., which may be placed on the side-board, and do duty at the breakfast-table. Suffice it to say, that any cold meat the larder may furnish, should be nicely garnished, and be placed on the buffet. Collared and potted meats or fish, cold game or poultry, veal-and-ham pies, game-and-rumpsteak pies, are all suitable dishes for the breakfast-table ; as also cold ham, tongue, &c. &c.

2145. The following list of hot dishes may perhaps assist our readers in knowing what to provide for the comfortable meal called breakfast. Broiled fish, such as mackerel, whiting, herrings, dried haddocks, &c. ; mutton chops and rump-steaks, broiled sheep's kidneys, kidneys à la maître d'hôtel, sausages, plain rashers of bacon, bacon and poached eggs, ham and poached eggs, omelets, plain boiled eggs, œufs-au-plat, poached eggs on toast, muffins, toast, marmalade, butter, &c. &c.

2146. In the summer, and when they are obtainable, always have a vase of freshly-gathered flowers on the breakfast-table, and, when convenient, a nicely-arranged dish of fruit : when strawberries are in season, these are particularly refreshing ; as also grapes, or even currants.

LUNCHEONS AND SUPPERS.

2147. The remains of cold joints, nicely garnished, a few sweets, or a little hashed meat, poultry or game, are the usual articles placed on the table for luncheon, with bread and cheese, biscuits, butter, &c. If a substantial meal is desired, rump-steaks or mutton chops may be served, as also veal cutlets, kidneys, or any dish of that kind. In families where there is a nursery, the mistress of the house often partakes of the meal with the children, and makes it her luncheon. In the summer, a few dishes of fresh fruit should be added to the luncheon, or, instead of this, a compôte of fruit or fruit tart, or pudding.

2148. Of suppers we have little to say, as we have already given two bills of fare for a large party, which will answer very well for a smaller number, by reducing the quantity of dishes and by omitting a few. Hot suppers are now very little in request, as people now generally dine at an hour which precludes the possibility of requiring supper ; at all events, not one of a substantial kind. Should, however, a bill of fare be required, one of those under the head of DINNERS, with slight alterations, will be found to answer for a hot supper.

BILL OF FARE FOR A PICNIC FOR 40 PERSONS.

2149. A joint of cold roast beef, a joint of cold boiled beef, 2 ribs of lamb, 2 shoulders of lamb, 4 roast fowls, 2 roast ducks, 1 ham, 1 tongue, 2 veal-and-ham pies, 2 pigeon pies, 6 medium-sized lobsters, 1 piece of collared calf's head, 18 lettuces, 6 baskets of salad, 6 cucumbers.

2150. Stewed fruit well sweetened, and put into glass bottles well corked ; 3 or 4 dozen plain pastry biscuits to eat with the stewed fruit, 2 dozen fruit turnovers, 4 dozen cheesecakes, 2 cold cabinet puddings in moulds, 2 blanc-manges in moulds, a few jam puffs, 1 large cold plum-pudding (this must be good), a few baskets of fresh fruit, 3 dozen plain biscuits, a piece of cheese, 6 lbs. of butter (this, of course, includes the butter for tea), 4 quartern loaves of household bread, 3 dozen rolls, 6 loaves of tin bread (for tea), 2 plain plum cakes, 2 pound cakes, 2 sponge cakes, a tin of mixed biscuits, $\frac{1}{2}$ lb. of tea. Coffee is not suitable for a picnic, being difficult to make.

Things not to be forgotten at a Picnic.

2151. A stick of horseradish, a bottle of mint-sauce well corked, a bottle of salad dressing, a bottle of vinegar, made mustard, pepper, salt, good oil, and pounded sugar. If it can be managed, take a little ice. It is scarcely necessary to say that plates, tumblers, wine-glasses, knives, forks, and spoons, must not be forgotten ; as also teacups and saucers, 3 or 4 teapots, some lump sugar, and milk, if this last-named article cannot be obtained in the neighbourhood. Take 3 corkscrews.

2152. *Beverages.*—3 dozen quart bottles of ale, packed in hampers ; ginger-beer, soda-water, and lemonade, of each 2 dozen bottles ; 6 bottles of sherry, 6 bottles of claret, champagne à discrétion, and any other light wine that may be preferred, and 2 bottles of brandy. Water can usually be obtained so it is useless to take it.



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LONDON: S. O. BEETON, 248, STRAND, W.C.
June, 1861.



DOMESTIC SERVANTS.

CHAPTER XLI.

2153. It is the custom of "Society" to abuse its servants,—a *façon de parler*, such as leads their lords and masters to talk of the weather, and, when rurally inclined, of the crops,—leads matronly ladies, and ladies just entering on their probation in that honoured and honourable state, to talk of servants, and, as we are told, wax eloquent over the greatest plague in life while taking a quiet cup of tea. Young men at their clubs, also, we are told, like to abuse their "fellows," perhaps not without a certain pride and pleasure at the opportunity of intimating that they enjoy such appendages to their state. It is another conviction of "Society" that the race of good servants has died out, at least in England, although they do order these things better in France; that there is neither honesty, conscientiousness, nor the careful and industrious habits which distinguished the servants of our grandmothers and great-grandmothers; that domestics no longer know their place; that the introduction of cheap silks and cottons, and, still more recently, those ambiguous "materials" and tweeds, have removed the landmarks between the mistress and her maid, between the master and his man.

2154. When the distinction really depends on things so insignificant, this is very probably the case; when the lady of fashion chooses her footman without any other consideration than his height, shape, and *tournure* of his calf, it is not surprising that she should find a domestic who has no attachment for the family, who considers the figure he cuts behind her carriage, and the late hours he is compelled to keep, a full compensation for the wages he exacts, for the food he wastes, and for the perquisites he can lay his hands on. Nor should the fast young man, who chooses his groom for his knowingness in the ways of the turf and in the tricks of low horse-dealers, be surprised if he is sometimes the victim of these learned ways. But these are the exceptional cases, which prove the existence of a better state of things. The great masses of society among us are not thus deserted; there are few families of respectability, from the shopkeeper in the next street to the nobleman whose mansion dignifies the next square, which do not contain among their dependents attached and useful servants; and where these are absent altogether, there are good reasons for it. The sensible master and the kind mistress know, that if servants depend on them for their means of

living, in their turn they are dependent on their servants for very many of the comforts of life; and that, with a proper amount of care in choosing servants, and treating them like reasonable beings, and making slight excuses for the shortcomings of human nature, they will, save in some exceptional case, be tolerably well served, and, in most instances, surround themselves with attached domestics.

2155. This remark, which is applicable to all domestics, is especially so to men-servants. Families accustomed to such attendants have always about them humble dependents, whose children have no other prospect than domestic service to look forward to; to them it presents no degradation, but the reverse, to be so employed; they are initiated step by step into the mysteries of the household; with the prospect of rising in the service, if it is a house admitting of promotion,—to the respectable position of butler or house-steward. In families of humbler pretensions, where they must look for promotion elsewhere, they know that can only be attained by acquiring the goodwill of their employers. Can there be any stronger security for their good conduct,—any doubt that, in the mass of domestic servants, good conduct is the rule, the reverse the exception?

2156. The number of the male domestics in a family varies according to the wealth and position of the master, from the owner of the ducal mansion, with a retinue of attendants, at the head of which is the chamberlain and house-steward, to the occupier of the humbler house, where a single footman, or even the odd man-of-all-work, is the only male retainer. The majority of gentlemen's establishments probably comprise a servant out of livery, or butler, a footman, and coachman, or coachman and groom, where the houses exceed two or three.

DUTIES OF THE BUTLER.

2157. The domestic duties of the butler are to bring in the eatables at breakfast, and wait upon the family at that meal, assisted by the footman, and see to the cleanliness of everything at table. On taking away, he removes the tray with the china and plate, for which he is responsible. At luncheon, he arranges the meal, and waits unassisted, the footman being now engaged in other duties. At dinner, he places the silver and plated articles on the table, sees that everything is in its place, and rectifies what is wrong. He carries in the first dish, and announces in the drawing-room that dinner is on the table, and respectfully stands by the door until the company are seated, when he takes his place behind his master's chair on the left, to remove the covers, handing them to the other attendants to carry out. After the first course of plates is supplied, his place is at the sideboard to serve the wines, but only when called on.

2158. The first course ended, he rings the cook's bell, and hands the dishes from the table to the other servants to carry away, receiving from them the

second course, which he places on the table, removing the covers as before, and again taking his place at the sideboard.

2159. At dessert, the slips being removed, the butler receives the dessert from the other servants, and arranges it on the table, with plates and glasses, and then takes his place behind his master's chair to hand the wines and ices, while the footman stands behind his mistress for the same purpose, the other attendants leaving the room. Where the old-fashioned practice of having the dessert on the polished table, without any cloth, is still adhered to, the butler should rub off any marks made by the hot dishes before arranging the dessert.

2160. Before dinner, he has satisfied himself that the lamps, candles, or gas-burners are in perfect order, if not lighted, which will usually be the case. Having served every one with their share of the dessert, put the fires in order (when these are used), and seen the lights are all right, at a signal from his master, he and the footman leave the room.

2161. He now proceeds to the drawing-room, arranges the fireplace, and sees to the lights; he then returns to his pantry, prepared to answer the bell, and attend to the company, while the footman is clearing away and cleaning the plate and glasses.

2162. At tea he again attends. At bedtime he appears with the candles; he locks up the plate, secures doors and windows, and sees that all the fires are safe.

2163. In addition to these duties, the butler, where only one footman is kept, will be required to perform some of the duties of the valet, to pay bills, and superintend the other servants. But the real duties of the butler are in the wine-cellar; there he should be competent to advise his master as to the price and quality of the wine to be laid in; "fine," bottle, cork, and seal it, and place it in the bins. Brewing, racking, and bottling malt liquors, belong to his office, as well as their distribution. These and other drinkables are brought from the cellar every day by his own hands, except where an under-butler is kept; and a careful entry of every bottle used, entered in the cellar-book; so that the book should always show the contents of the cellar.

2164. The office of butler is thus one of very great trust in a household. Here, as elsewhere, honesty is the best policy; the butler should make it his business to understand the proper treatment of the different wines under his charge, which he can easily do from the wine-merchant, and faithfully attend to it; his own reputation will soon compensate for the absence of bribes from unprincipled wine-merchants, if he serves a generous and hospitable master. Nothing spreads more rapidly in society than the reputation of a good wine-cellar, and all that is required is wines well chosen and well cared for; and this a little knowledge, carefully applied, will soon supply.

2165. The butler, we have said, has charge of the contents of the cellars, and it is his duty to keep them in a proper condition, to fine down wine in wood, bottle it off, and store it away in places suited to the sorts. Where

wine comes into the cellar ready bottled, it is usual to return the same number of empty bottles; the butler has not, in this case, the same inducements to keep the bottles of the different sorts separated; but where the wine is bottled in the house, he will find his account, not only in keeping them separate, but in rinsing them well, and even washing them with clean water as soon as they are empty.

2166. There are various modes of fining wine: isinglass, gelatine, and gum Arabic are all used for the purpose. Whichever of these articles is used, the process is always the same. Supposing eggs (the cheapest) to be used,—Draw a gallon or so of the wine, and mix one quart of it with the whites of four eggs, by stirring it with a whisk; afterwards, when thoroughly mixed, pour it back into the cask through the bung-hole, and stir up the whole cask, in a rotatory direction, with a clean split stick inserted through the bung-hole. Having stirred it sufficiently, pour in the remainder of the wine drawn off, until the cask is full; then stir again, skimming off the bubbles that rise to the surface. When thoroughly mixed by stirring, close the bung-hole, and leave it to stand for three or four days. This quantity of clarified wine will fine thirteen dozen of port or sherry. The other clearing ingredients are applied in the same manner, the material being cut into small pieces, and dissolved in the quart of wine, and the cask stirred in the same manner.

2167. *To Bottle Wine.*—Having thoroughly washed and dried the bottles, supposing they have been before used for the same kind of wine, provide corks, which will be improved by being slightly boiled, or at least steeped in hot water,—a wooden hammer or mallet, a bottling-boot, and a squeezer for the corks. Bore a hole in the lower part of the cask with a gimlet, receiving the liquid stream which follows in the bottle and filterer, which is placed in a tub or basin. This operation is best performed by two persons, one to draw the wine, the other to cork the bottles. The drawer is to see that the bottles are up to the mark, but not too full, the bottle being placed in a clean tub to prevent waste. The corking-boot is buckled by a strap to the knee, the bottle placed in it, and the cork, after being squeezed in the press, driven in by a flat wooden mallet.

2168. As the wine draws near to the bottom of the cask, a thick piece of muslin is placed in the strainer, to prevent the viscous grounds from passing into the bottle.

2169. Having carefully counted the bottles, they are stored away in their respective bins, a layer of sand or sawdust being placed under the first tier, and another over it; a second tier is laid over this, protected by a lath, the head of the second being laid to the bottom of the first; over this another bed of sawdust is laid, not too thick, another lath; and so on till the binn is filled.

2170. Wine so laid in will be ready for use according to its quality and age. Port wine, old in the wood, will be ready to drink in five or six months; but if it is a fruity wine, it will improve every year. Sherry, if of good quality, will be fit to drink as soon as the "sickness" (as its first condition after bottling is called) ceases, and will also improve; but the cellar must be kept at a perfectly steady temperature, neither too hot nor too cold, but about 55° or 60°, and absolutely free from draughts of cold air.

DUTIES OF THE FOOTMAN.

2171. Where a single footman, or odd man, is the only male servant, then, whatever his ostensible position, he is required to make himself generally useful. He has to clean the knives and shoes, the furniture, the plate; answer the visitors who call, the drawing-room and parlour bells; and do all the errands. His life is no sinecure; and a methodical arrangement of his time will be necessary, in order to perform his many duties with any satisfaction to himself or his master.

2172. The footman only finds himself in stockings, shoes, and washing. Where silk stockings, or other extra articles of linen are worn, they are found by the family, as well

as his livery, a working dress, consisting of a pair of overalls, a waistcoat, a fustian jacket, with a white or jean one for times when he is liable to be called to answer the door or wait at breakfast; and, on quitting his service, he is expected to leave behind him any livery had within six months.

2173. The footman is expected to rise early, in order to get through all his dirty work before the family are stirring. Boots and shoes, and knives and forks, should be cleaned, lamps in use trimmed, his master's clothes brushed, the furniture rubbed over; so that he may put aside his working dress, tidy himself, and appear in a clean jean jacket to lay the cloth and prepare breakfast for the family.

2174. We need hardly dwell on the boot-cleaning process: three good brushes and good blacking must be provided; one of the brushes hard, to brush off the mud; the other soft, to lay on the blacking; the third of a medium hardness, for polishing; and each should be kept for its particular use. The blacking should be kept corked up, except when in use, and applied to the brush with a sponge tied to a stick, which, when put away, rests in a notch cut in the cork. When boots come in very muddy, it is a good practice to wash off the mud, and wipe them dry with a sponge; then leave them to dry very gradually on their sides, taking care they are not placed near the fire, or scorched. Much delicacy of treatment is required in cleaning ladies' boots, so as to make the leather look well-polished, and the upper part retain a fresh appearance, with the lining free from hand-marks, which are very offensive to a lady of refined tastes.

2175. Patent leather boots require to be wiped with a wet sponge, and afterwards with a soft dry cloth, and occasionally with a soft cloth and sweet oil, blacking and polishing the edge of the soles in the usual way, but so as not to cover the patent polish with blacking. A little milk may also be used with very good effect for patent leather boots.

2176. Top boots are still occasionally worn by gentlemen. While cleaning the lower part in the usual manner, protect the tops, by inserting a cloth or brown paper under the edges and bringing it over them. In cleaning the tops, let the covering fall down over the boot; wash the tops clean with soap and flannel, and rub out any spots with pumice-stone. If the tops are to be whiter, dissolve an ounce of oxalic acid and half an ounce of pumice-stone in a pint of soft water; if a brown colour is intended, mix an ounce of muriatic acid, half an ounce of alum, half an ounce of gum Arabic, and half an ounce of spirit of lavender, in a pint and a half of skimmed milk "turned." These mixtures apply by means of a sponge, and polish, when dry, with a rubber made of soft flannel.

2177. Knives are now generally cleaned by means of Kent's or Masters's machine, which gives very little trouble, and is very effective; before, however, putting the knives into the machine, it is highly necessary that they be first washed in a little warm (not hot) water, and then thoroughly wiped: if put into the machine with any grease on them, it adheres to the brushes, and consequently renders them unfit to use for the next knives that may be put in. When this precaution is not taken, the machine must come to pieces, so causing an immense amount of trouble, which may all be avoided by having the knives thoroughly free from grease before using the machine. Brushes are also used for cleaning forks, which facilitate the operation. When knives are so cleaned, see that they are carefully polished, wiped, and with a good edge, the ferules and prongs free from dirt, and place them in the basket with the handles all one way.

2178. Lamp-trimming requires a thorough acquaintance with the mechanism; after that, constant attention to cleanliness, and an occasional entire clearing out with hot water: when this is done, all the parts should be carefully dried before filling again with oil. When lacquered, wipe the lacquered parts with a soft brush and cloth, and wash occasionally with weak soapuds, wiping carefully afterwards. Brass lamps may be cleaned with oil and rottenstone every day when trimmed. With bronze, and other ornamental lamps, more care will be required, and soft flannel and oil only used, to prevent the removal of the bronze or enamel. Brass-work, or any metal-work not lacquered, is cleaned by a little oil and rottenstone made into a paste, or with fine emery-powder and oil mixed in the same manner. A small portion of sal ammoniac, beat into a fine powder and moistened with soft water, rubbed over brass ornaments, and heated over a charcoal fire, and rubbed dry with bran or whitening, will give to brass-work the brilliancy of gold. In trimming moderator lamps, let the wick be cut evenly all round; as, if left higher in one place than it is in another, it will cause it to smoke and burn badly. The lamp should then be filled with oil from a feeder, and

afterwards well wiped with a cloth or rag kept for the purpose. If it can be avoided, never wash the chimneys of a lamp, as it causes them to crack when they become hot. Small sticks, covered with wash-leather pads, are the best things to use for cleaning the glasses inside, and a clean duster for polishing the outside. The globe of a moderator lamp should be occasionally washed in warm soap-and-water, then well rinsed in cold water, and either wiped dry or left to drain. Where candle-lamps are used, take out the springs occasionally, and free them well from the grease that adheres to them.

2179. French polish, so universally applied to furniture, is easily kept in condition by dusting and rubbing with a soft cloth, or a rubber of old silk; but dining-tables can only be kept in order by hard rubbing, or rather by quick rubbing, which warms the wood and removes all spots.

2180. Brushing clothes is a very simple but very necessary operation. Fine cloths require to be brushed lightly, and with rather a soft brush, except where mud is to be removed, when a hard one is necessary, being previously beaten lightly to dislodge the dirt. Lay the garment on a table, and brush it in the direction of the nap. Having brushed it properly, turn the sleeves back to the collar, so that the folds may come at the elbow-joints; next turn the lappels or sides back over the folded sleeves; then lay the skirts over level with the collar, so that the crease may fall about the centre, and double one half over the other, so as the fold comes in the centre of the back.

2181. Having got through his dirty work, the single footman has now to clean himself and prepare the breakfast. He lays the cloth on the table; over it the breakfast-cloth, and sets the breakfast things in order, and then proceeds to wait upon his master, if he has any of the duties of a valet to perform.

2182. Where a valet is not kept, a portion of his duties falls to the footman's share,—brushing the clothes among others. When the hat is silk, it requires brushing every day with a soft brush; after rain, it requires wiping the way of the nap, before drying, and, when nearly dry, brushing with the soft brush and with the hat-stick in it. If the footman is required to perform any part of a valet's duties, he will have to see that the housemaid lights a fire in the dressing-room in due time; that the room is dusted and cleaned; that the washhand-ewer is filled with soft water; and that the bath, whether hot or cold, is ready when required; that towels are at hand; that hair-brushes and combs are properly cleansed, and in their places; that hot water is ready at the hour ordered; the dressing-gown and slippers in their place, the clean linen aired, and the clothes to be worn for the day in their proper places. After the master has dressed, it will be the footman's duty to restore everything to its place properly cleansed and dry, and the whole restored to order.

2183. At breakfast, when there is no butler, the footman carries up the tea-urn, and, assisted by the housemaid, he waits during breakfast. Breakfast over, he removes the tray and other things off the table, folds up the breakfast-cloth, and sets the room in order, by sweeping up all crumbs, shaking the cloth, and laying it on the table again, making up the fire, and sweeping up the hearth.

2184. At luncheon-time nearly the same routine is observed, except where the footman is either out with the carriage or away on other business, when, in the absence of any butler, the housemaid must assist.

2185. For dinner, the footman lays the cloth, taking care that the table is not too near the fire, if there is one, and that passage-room is left. A table-cloth should be laid without a wrinkle; and this requires two persons: over this the slips are laid, which are usually removed preparatory to placing dessert on the table. He prepares knives, forks, and glasses, with five or six plates for each person. This done, he places chairs enough for the party, distributing them equally on each side of the table, and opposite to each a napkin neatly folded, within it a piece of bread or small roll, and a knife on the right side of each plate, a fork on the left, and a carving-knife and fork at the top and bottom of the table, outside the others, with the rests opposite to them, and a gravy-spoon beside the knife. The fish-slice should be at the top, where the lady of the house, with the assistance of the gentleman next to her, divides the fish, and the soup-ladle at the bottom: it is sometimes usual to add a dessert-knife and fork; at the same time, on the right side also of each plate, put a wine-glass for as many kinds of wine as it is intended to hand round, and a finger-glass or glass-cooler about four inches from the edge. The latter are frequently put on the table with the dessert.

2186. About half an hour before dinner, he rings the dinner-bell, where that is the practice, and occupies himself with carrying up everything he is likely to require. At the expiration of the time, having communicated with the cook, he rings the real dinner-bell, and proceeds to take it up with such assistance as he can obtain. Having ascertained that all is in order, that his own dress is clean and presentable, and his white cotton gloves are without a stain, he announces in the drawing-room that dinner is served, and stands respectfully by the door until the company are seated: he places himself on the left, behind his master, who is to distribute the soup; where soup and fish are served together, his place will be at his mistress's left hand; but he must be on the alert to see that whoever is assisting him, whether male or female, are at their posts. If any of the guests has brought his own servant with him, his place is behind his master's chair, rendering such assistance to others as he can, while attending to his master's wants throughout the dinner, so that every guest has what he requires. This necessitates both activity and intelligence, and should be done without bustle, without asking any questions, except where it is the custom of the house to hand round dishes or wine, when it will be necessary to mention, in a quiet and unobtrusive manner, the dish or wine you present.

2187. Salt-cellars should be placed on the table in number sufficient for the guests, so that each may help themselves, or, at least, their immediate neighbours.

DINNERS À LA RUSSE.

2188. In some houses the table is laid out with plate and glass, and ornamented with flowers, the dessert only being placed on the table, the dinner itself being placed on the sideboard, and handed round in succession, in courses of soup, fish, entrées, meat, game, and sweets. This is not only elegant but economical, as fewer dishes are required, the symmetry of the table being made up with the ornaments and dessert. The various dishes are also handed round when hot; but it involves additional and superior attendance, as the wines are also handed round; and unless the servants are very active and intelligent, many blunders are likely to be made. (See p. 954.)

GENERAL OBSERVATIONS.

2189. While attentive to all, the footman should be obtrusive to none; he should give nothing but on a waiter, and always hand it with the left hand and on the left side of the person he serves, and hold it so that the guest may take it with ease. In lifting dishes from the table, he should use both hands, and remove them with care, so that nothing is spilled on the table-cloth or on the dresses of the guests.

2190. Masters as well as servants sometimes make mistakes; but it is not expected that a servant will correct any omissions, even if he should have time to notice them, although with the best intentions: thus it would not be correct, for instance, if he observed that his master took wine with the ladies all round, as some gentlemen still continue to do, but stopped at some one:—to nudge him on the shoulder and say, as was done by the servant of a Scottish gentleman, "What ails you at her in the green gown?" It will be better to leave the lady unnoticed than for the servant thus to turn his master into ridicule.

2191. During dinner each person's knife, fork, plate, and spoon should be changed as soon as he has done with it; the vegetables and sauces belonging to the different dishes presented without remark to the guests; and the footman should tread lightly in moving round, and, if possible, should bear in mind, if there is a wit or humorist of the party, whose good things keep the table in a roar, that they are not expected to reach his ears.

2192. In opening wine, let it be done quietly, and without shaking the bottle; if crusted, let it be inclined to the crusted side, and decanted while in that position. In opening champagne, it is not necessary to discharge it with a pop; properly cooled, the cork is easily extracted without an explosion; when the cork is out, the mouth of the bottle should be wiped with the napkin over the footman's arm.

2193. At the end of the first course, notice is conveyed to the cook, who is waiting to send up the second, which is introduced in the same way as before; the attendants who remove the fragments, carrying the dishes from the kitchen, and handing them to the footman or butler, whose duty it is to arrange them on the table. After dinner, the dessert-glasses and wines are placed on the table by the footman, who places himself behind his master's chair, to supply wine and hand round the ices and other refreshments, all other servants leaving the room.

2194. As soon as the drawing-room bell rings for tea, the footman enters with the tray, which has been previously prepared; hands the tray round to the company, with cream and sugar, the tea and coffee being generally poured out, while another attendant hands cakes, toast, or biscuits. If it is an ordinary family party, where this social meal is prepared by the mistress, he carries the urn or kettle, as the case may be; hands round the toast, or such other eatable as may be required, removing the whole in the same manner when tea is over.

2195. After each meal, the footman's place is in his pantry: here perfect order should prevail—a place for everything and everything in its place. A sink, with hot and cold water laid on, is very desirable,—cold absolutely necessary. Wooden bowls or tubs of sufficient capacity are required, one for hot and another for cold water. Have the bowl three parts full of clean hot water; in this wash all plate and plated articles which are greasy, wiping them before cleaning with the brush.

2196. The footman in small families, where only one man is kept, has many of the duties of the upper servants to perform as well as his own, and more constant occupation; he will also have the arrangement of his time more immediately under his own control, and he will do well to reduce it to a methodical division. All his rough work should be done before breakfast is ready, when he must appear clean, and in a presentable state. After breakfast, when everything belonging to his pantry is cleaned and put in its place, the furniture in the dining and drawing rooms requires rubbing. Towards noon, the parlour luncheon is to be prepared; and he must be at his mistress's disposal to go out with the carriage, or follow her if she walks out.

2197. Glass is a beautiful and most fragile article: hence it requires great care in washing. A perfectly clean wooden bowl is best for this operation, one for moderately hot and another for cold water. Wash the glasses well in the first and rinse them in the second, and turn them down on a linen cloth folded two or three times, to drain for a few minutes. When sufficiently drained, wipe them with a cloth and polish with a finer one, doing so tenderly and carefully. Accidents will happen; but nothing discredits a servant in the drawing-room more than continual reports of breakages, which, of course, must reach that region.

2198. Decanters and water-jugs require still more tender treatment in cleaning, inasmuch as they are more costly to replace. Fill them about two-thirds with hot but not boiling water, and put in a few pieces of well-soaped brown paper; leave them thus for two or three hours; then shake the water up and down in the decanters; empty this out, rinse them well with clean cold water, and put them in a rack to drain. When dry, polish them outside and inside, as far as possible, with a fine cloth. To remove the crust of port or other wines, add a little muriatic acid to the water, and let it remain for some time.

2199. When required to go out with the carriage, it is the footman's duty to see that it has come to the door perfectly clean, and that the glasses, and sashes, and linings, are free from dust. In receiving messages at the carriage door, he should turn his ear to the speaker, so as to comprehend what is said, in order that he may give his directions to the coachman clearly. When the house he is to call at is reached, he should knock, and return to the carriage for orders. In closing the door upon the family, he should see that the handle is securely turned, and that no part of the ladies' dress is shut in.

2200. It is the footman's duty to carry messages or letters for his master or mistress to their friends, to the post, or to the tradespeople; and nothing is more important than dispatch and exactness in doing so, although writing even the simplest message is now the ordinary and very proper practice. Dean Swift, among his other quaint directions, all of which are to be read by contraries, recommends a perusal of all such epistles, in order that you may be the more able to fulfil your duty to your master. An old lady of Forfarshire had one of those odd old Caleb Balderston sort of servants, who construed the Dean of St. Patrick more literally. On one occasion, when dispatch was of some importance, knowing his inquiring nature, she called her Scotch Paul Pry to her, opened the note, and read it to him herself, saying, "Now, Andrew, you ken a' about it, and needna' stop to open and read it, but just take it at once." Probably most of the notes you are expected to carry might, with equal harmlessness, be communicated to you; but it will be better not to take so lively an interest in your mistress's affairs.

2201. Politeness and civility to visitors is one of the things masters and mistresses have a right to expect, and should exact rigorously. When visitors present themselves, the servant charged with the duty of opening the door will open it promptly, and answer, without hesitation, if the family are "not at home," or "engaged;" which generally means the same thing, and might be oftener used with advantage to morals. On the contrary, if he has no such orders, he will answer affirmatively, open the door wide to admit them, and precede them to open the door of the drawing-room. If the family are not there, he will place chairs for them, open the blinds (if the room is too dark), and intimate civilly that he goes to inform his mistress. If the lady is in her drawing-room, he announces the name of the visitors, having previously acquainted himself with it. In this part of his duty it is necessary to be very careful to repeat the names correctly; mispronouncing names is very apt to give offence, and leads sometimes to other disagreeables. The writer was once initiated into some of the secrets on the "other side" of a legal affair in which he took an interest, before he could correct a mistake made by the servant in announcing him. When the visitor is departing, the servant should be at hand, ready, when rung for, to open the door; he should open it with a respectful manner, and close it gently when the visitors are fairly beyond the threshold. When several visitors arrive together, he should take care not to mix up the different names together, where they belong to the same family, as Mr., Mrs., and Miss; if they are strangers, he should announce each as distinctly as possible.

2202. *Receptions and Evening Parties.*—The drawing-rooms being prepared, the card-tables laid out with cards and counters, and such other arrangements as are necessary made for the reception of the company, the rooms should be lighted up as the hour appointed approaches. Attendants in the drawing-room, even more than in the dining-room, should move about actively but noiselessly; no creaking of shoes, which is an abomination; watching the lights from time to time, so as to keep up their brilliancy. But even if the attendant likes a game of cribbage or whist himself, he must not interfere in his master or mistress's game, nor even seem to take an interest in it. We once knew a lady who had a footman, and both were fond of a game of cribbage,—John in the kitchen, the lady in her drawing-room. The lady was a giver of evening parties, where she frequently enjoyed her favourite amusement. While handing about the tea and toast, John could not always suppress his disgust at her mistakes. "There is more in that hand, ma'am," he has been known to say; or, "Ma'am, you forgot to count his nob;" in fact, he identified himself with his mistress's game, and would have lost twenty places rather than witness a miscount. It is not necessary to adopt his example on this point, although John had many qualities a good servant might copy with advantage.

THE COACHHOUSE AND STABLES.

2203. *THE HORSE* is the noblest of quadrupeds, whether we view him in his strength, his sagacity, or his beauty. He is also the most useful to man of all the animal creation; but his delicacy is equal to his power and usefulness. No other animal, probably, is so dependent on man in the state of domestication to which he has been reduced, or deteriorates so rapidly under exposure, bad feeding, or bad grooming. It is, therefore, a point of humanity, not to speak of its obvious impolicy, for the owner of horses to overlook any neglect in their feeding or grooming. His interest dictates that so valuable an animal should be well housed, well fed, and well groomed; and he will do well to acquire so much of stable lore as will enable him to judge of these points himself. In a general way, where a horse's coat is habitually rough and untidy, there is a sad want of elbow-grease in the stable. When a horse of tolerable breeding is dull and spiritless, he is getting ill or badly fed; and where he is observed to perspire much in the stables, is overfed, and probably eats his litter in addition to his regular supply of food.

2204. *Stables.*—The architectural form of the stables will be subject to other influences than ours; we confine ourselves, therefore, to their internal arrangements. They should be roomy in proportion to the number of stalls; warm, with good ventilation, and perfectly free from cold draughts; the stalls roomy, without excess, with good and well-trapped drainage, so as to exclude bad smells; a sound ceiling to prevent the entrance of dust from the hayloft, which is usually above them; and there should be plenty of light, coming, however, either from above or behind, so as not to glare in the horse's eye.

2205. *Heat.*—The first of these objects is attained, if the stables are kept within a degree or two of 50° in winter, and 60° in summer; although some groomsmen insist on a much higher temperature, in the interests of their own labour.

2206. *Ventilation* is usually attained by the insertion of one or more tubes or boxes of wood or iron through the ceiling and the roof, with a sloping covering over the opening, to keep out rain, and valves or ventilators below to regulate the atmosphere, with openings in the walls for the admission of fresh air: this is still a difficulty, however; for the effluvia of the stable is difficult to dispel, and draughts must be avoided. This is sometimes accomplished by means of hollow walls with gratings at the bottom outside, for the exit of bad air, which is carried down through the hollow walls and discharged at the bottom, while, for the admission of fresh air, the reverse takes place: the fresh by this means gets diffused and heated before it is discharged into the stable.

2207. *The Stalls* should be divided by partitions of wood-work eight or nine feet high at the head and six at the heels, and nine feet deep, so as to separate each horse from its neighbour. A hay-rack placed within easy reach of the horse, of wood or iron, occupies either a corner or the whole breadth of the stall, which should be about six feet for an ordinary-sized horse. A manger, formerly of wood, but of late years more generally of iron lined with enamel, occupies a corner of the stall. The pavement of the stall should be nearly level, with a slight incline towards the gutter, to keep the bed dry, paved with hard Dutch brick laid on edge, or asphalt, or smiddy clinkers, or rubble-stones, laid in strong cement. In the centre, about five feet from the wall, a grating should be firmly fixed in the pavement, and in communication with a well-trapped drain to carry off the water; the gutter outside the stall should also communicate with the drains by trapped openings. The passage between the stall and the hall should be from five to six feet broad at least; on the wall, opposite to each stall, pegs should be placed for receiving the harness and other things in daily use.

2208. *A Harness-room* is indispensable to every stable. It should be dry and airy, and furnished with a fireplace and boiler, both for the protection of the harness and to prepare mashes for the horses when required. The partition-wall should be boarded where the harness goes, with pegs to hang the various pieces of harness on, with saddletrees to rest the saddles on, a cupboard for the brushes, sponges, and leathers, and a lock-up corn-bin.

2209. *The furniture* of a stable with coachhouse, consists of coach-mops, jacks for raising the wheels, horse-brushes, spoke-brushes, water-brushes, crest and bit-brushes, dandy-brushes, currycombs, birch and heath brooms, trimming-combs, scissors and pickers, oil-cans and brushes, harness-brushes of three sorts, leathers, sponges for horse and carriage, stable-forks, dung-baskets or wheelbarrow, corn-sieves and measures, horse-cloths and stable pails, horn or glass lanterns. Over the stables there should be accommodation for the coachman or groom to sleep. Accidents sometimes occur, and he should be at hand to interfere.

DUTIES OF THE COACHMAN, GROOM, AND STABLE-BOY.

2210. *The Establishment* we have in view will consist of coachman, groom, and stable-boy, who are capable of keeping in perfect order four horses, and perhaps the pony. Of this establishment the coachman is chief. Besides skill in driving, he should possess a good general knowledge of horses; he has usually to purchase provender, to see that the horses are regularly fed and properly groomed, watch over their condition, apply simple remedies to trifling ailments in the animals under his charge, and report where he observes symptoms of more serious ones which he does not understand. He has either to clean the carriage himself, or see that the stable-boy does it properly.

2211. *The Groom's* first duties are to keep his horses in condition; but he is sometimes expected to perform the duties of a valet, to ride out with his master, on occasions, to wait at table, and otherwise assist in the house: in these cases, he should have the means of dressing himself, and keeping his clothes entirely away from the stables. In the morning, about six o'clock, or rather before, the stables should be opened and cleaned out, and the horses fed, first by cleaning the rack and throwing in fresh hay, putting it lightly in the rack, that the horses may get it out easily; a short time afterwards their usual morning feed of oats should be put into the manger. While this is going on, the stable-boy has been removing the stable-dung, and sweeping and washing out the stables, both of which should be done every day, and every corner carefully swept, in order to keep the stable sweet and clean. The real duties of the groom follow: where the horses are not taken out for early exercise, the work of grooming immediately commences. "Having tied up the head," to use the excellent description of the process given by old Barrett, "take a currycomb and curry him all over the body, to raise the dust, beginning first at the neck, holding the left cheek of the headstall in the left hand, and curry him from the setting-on of his head all over the body to the buttocks, down to the point of the hock; then change your hands, and curry him before, on his breast, and, laying your right arm over his back, join your right side to his left, and curry him all under the belly near the fore-bowels, and so all over from the knees and back upwards; after that, go to the far side and do that likewise. Then take a dead horse's tail, or, failing that, a cotton dusting-cloth, and strike that away which the currycomb hath raised. Then take a round brush made of bristles, with a leathern handle, and dress him all over, both head, body, and legs, to the very fetlocks, always cleansing the brush from the dust by rubbing it with the currycomb. In the curry-combing process, as well as brushing, it must be applied with mildness, especially with fine-skinned horses; otherwise the tickling irritates them much. The brushing is succeeded by a hair-cloth, with which rub him all over again very hard, both to take away loose hairs and lay his coat; then wash your hands in fair water, and rub him all over while they are wet, as well over the head as the body. Lastly, take a clean cloth, and rub him all over again till he be dry;

then take another hair-cloth, and rub all his legs exceeding well from the knees and hocks downwards to his hoofs, picking and dressing them very carefully about the fetlocks, so as to remove all gravel and dust which will sometimes lie in the bending of the joints." In addition to the practice of this old writer, modern grooms add wipping, which usually follows brushing. The best wisp is made from a hayband, untwisted, and again doubled up after being moistened with water: this is applied to every part of the body, as the brushing had been, by changing the hands, taking care in all these operations to carry the hand in the direction of the coat. Stains on the hair are removed by sponging, or, when the coat is very dirty, by the water-brush; the whole being finished off by a linen or flannel cloth. The horsecloth should now be put on by taking the cloth in both hands, with the outside next you, and, with your right hand to the off side, throw it over his back, placing it no farther back than will leave it straight and level, which will be about a foot from the tail. Put the roller round, and the pad-piece under it, about six or eight inches from the fore legs. The horse's head is now loosened; he is turned about in his stall to have his head and ears rubbed and brushed over every part, including throat, with the dusting-cloth, finishing by "pulling his ears," which all horses seem to enjoy very much. This done, the mane and foretop should be combed out, passing a wet sponge over them, sponging the mane on both sides, by throwing it back to the midriff, to make it lie smooth. The horse is now returned to his headstall, his tail combed out, cleaning it of stains with a wet brush or sponge, trimming both tail and mane, and forelock when necessary, smoothing them down with a brush on which a little oil has been dropped.

2212. Watering usually follows dressing; but some horses refuse their food until they have drunk: the groom should not, therefore, lay down exclusive rules on this subject, but study the temper and habits of his horse.

2213. *Exercise.*—All horses not in work require at least two hours' exercise daily; and in exercising them a good groom will put them through the paces to which they have been trained. In the case of saddle-horses he will walk, trot, canter, and gallop them, in order to keep them up to their work. With draught horses they ought to be kept up to a smart walk and trot.

2214. *Feeding* must depend on their work, but they require feeding three times a day, with more or less corn each time, according to their work. In the last coaching days it was a saying among proprietors, that "his belly was the measure of his food;" but the horse's appetite is not to be taken as a criterion of the quantity of food under any circumstances. Horses have been known to consume 40 lbs. of hay in twenty-four hours, whereas 16 lbs. to 18 lbs. is the utmost which should have been given. Mr. Croall, an extensive coach proprietor in Scotland, limited his horses to 4½ lbs. cut straw, 8 lbs. bruised oats, and 24 lbs. bruised beans, in the morning and noon, giving them at night 25 lbs. of the following; viz., 560 lbs. steamed potatoes, 36 lbs. barley-dust, 40 lbs. cut straw, and 6 lbs. salt, mixed up together: under this the horses did their work well. The ordinary measure given to a horse is a peck of oats, about 40 lbs. to the bushel, twice a day, a third feed and a rack-ful of hay, which may be about 15 lbs. or 18 lbs., when he is in full work.

2215. You cannot take up a paper without having the question put, "Do you bruise your oats?" Well, that depends on circumstances: a fresh young horse can bruise its own oats when it can get them; but aged horses, after a time, lose the power of masticating and bruising them, and bolt them whole; thus much impeding the work of digestion. For an old horse, then, bruise the oats; for a young one it does no harm and little good. Oats should be bright and dry, and not too new. Where they are new, sprinkle them with salt and water; otherwise, they overload the horse's stomach. Chopped straw mixed with oats, in the proportion of a third of straw or hay, is a good food for horses in full work; and carrots, of which horses are remarkably fond, have a perceptible effect in a short time on the gloss of the coat.

2216. The water given to a horse merits some attention; it should not be too cold; hard water is not to be recommended; stagnant or muddy water is positively injurious; river water is the best for all purposes; and anything is preferable to spring water, which should be exposed to the sun in summer for an hour or two, and stirred-up before using it: a handful of oatmeal thrown into the pail will much improve its quality.

2217. *Shoeing*.—A horse should not be sent on a journey or any other hard work immediately after new shoeing;—the stiffness incidental to new shoes is not unlikely to bring him down. A day's rest, with reasonable exercise, will not be thrown away after this operation. On reaching home very hot, the groom should walk him about for a few minutes; this done, he should take off the moisture with the scraper, and afterwards wipe him over with a handful of straw and a flannel cloth: if the cloth is dipped in some spirit, all the better. He should wash, pick, and wipe dry the legs and feet, take off the bridle and crupper, and fasten it to the rack, then the girths, and put a wisp of straw under the saddle. When sufficiently cool, the horse should have some hay given him, and thence a feed of oats: if he refuse the latter, offer him a little wet bran, or a handful of oatmeal in tepid water. When he has been fed, he should be thoroughly cleaned, and his body-clothes put on, and, if very much harassed with fatigue, a little good ale or wine will be well bestowed on a valuable horse, adding plenty of fresh litter under the belly.

2218. *Bridles*.—Every time a horse is unbridled, the bit should be carefully washed and dried, and the leather wiped, to keep them sweet, as well as the girths and saddle, the latter being carefully dried and beaten with a switch before it is again put on. In washing a horse's feet after a day's work, the master should insist upon the legs and feet being washed thoroughly with a sponge until the water flows over them, and then rubbed with a brush till quite dry.

2219. *Harness*, if not carefully preserved, very soon gets a shabby tarnished appearance. Where the coachman has a proper harness-room and sufficient assistance, this is inexcusable and easily prevented. The harness-room should have a wooden lining all round, and be perfectly dry and well ventilated. Around the walls, hooks and pegs should be placed, for the several pieces of harness, at such a height as to prevent their reaching the ground; and every part of the harness should have its peg or hook,—one for the halters, another for the reins, and others for snaffles and other bits and metal-work; and either a wooden horse or saddle-tree for the saddles and pads. All these parts should be dry, clean, and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned by a soft brush and plate-powder; the copper and brass parts burnished with rottenstone-powder and oil,—steel with emery-powder; both made into a paste with a little oil.

2220. An excellent paste for polishing harness and the leather-work of carriages, is made by melting 8 lbs. of yellow wax, stirring it till completely dissolved: into this pour 1 lb. of litharge of the shops, which has been pounded up with water, and dried and sifted through a sieve, leaving the two, when mixed, to simmer on the fire, stirring them continually till all is melted. When it is a little cool, mix this with 1½ lb. of good ivory-black; place this again on the fire, and stir till it boils anew, and suffer it to cool. When cooled a little, add distilled turpentine till it has the consistence of a thickish paste, scenting it with any essence at hand, thinning it when necessary from time to time, by adding distilled turpentine.

2221. When the leather is old and greasy, it should be cleaned before applying this polish, with a brush wetted in a weak solution of potass and water, washing afterwards with soft river water, and drying thoroughly. If the leather is not black, one or two coats of black ink may be given before applying the polish. When quite dry, the varnish should be laid on with a soft shoe-brush, using also a soft brush to polish the leather.

2222. When the leather is very old, it may be softened with fish-oil, and, after putting on the ink, a sponge charged with distilled turpentine passed over, to scour the surface of the leather, which should be polished as above.

2223. *For fawn or yellow-coloured leather*, take a quart of skimmed milk, pour into it 1 oz. of sulphuric acid, and, when cold, add to it 4 oz. of hydrochloric acid, shaking the bottle gently until it ceases to emit white vapours; separate the coagulated from the liquid part, by straining through a sieve, and store it away till required. In applying it, clean the leather by a weak solution of oxalic acid, washing it off immediately, and apply the composition when dry with a sponge.

2224. *Wheel-grease* is usually purchased at the shops; but a good paste is made as follows:—Melt 80 parts of grease, and stir into it, mixing it thoroughly and smoothly, 20 parts of fine black-lead in powder, and store away in a tin box for use. This grease is used in the mint at Paris, and is highly approved.

2225. Carriages in an endless variety of shapes and names are continually making their appearance; but the hackney cab or clarence seems most in request for light carriages; the family carriage of the day being a modified form of the clarences adapted for family use. The carriage is a valuable piece of furniture, requiring all the care of the most delicate upholstery, with the additional disadvantage of continual exposure to the weather and to the muddy streets.

2226. It requires, therefore, to be carefully cleaned before putting away, and a coach-house perfectly dry and well ventilated, for the wood-work swells with moisture; it shrinks also with heat, unless the timber has undergone a long course of seasoning: it should also have a dry floor, a boarded one being recommended. It must be removed from the ammoniacal influence of the stables, from open drains and cesspools, and other gaseous influences likely to affect the paint and varnish. When the carriage returns home, it should be carefully washed and dried, and that, if possible, before the mud has time to dry on it. This is done by first well slushing it with clean water, so as to wash away all particles of sand, having first closed the sashes to avoid wetting the linings. The body is then gone carefully over with a soft mop, using plenty of clean water, and penetrating into every corner of the carved work, so that not an atom of dirt remains; the body of the carriage is then raised by placing the jack under the axletree and raising it so that the wheel turns freely; this is now thoroughly washed with the mop until the dirt is removed, using a water-brush for corners where the mop does not penetrate. Every particle of mud and sand removed by the mop, and afterwards with a wet sponge, the carriage is wiped dry, and, as soon after as possible, the varnish is carefully polished with soft leather, using a little sweet oil for the leather parts, and even for the panels, so as to check any tendency of the varnish to crack. Stains are removed by rubbing them with the leather and sweet oil; if that fails, a little Tripoli powder mixed with the oil will be more successful.

2227. In preparing the carriage for use, the whole body should be rubbed over with a clean leather and carefully polished, the iron-work and joints oiled, the plated and brass-work occasionally cleaned,—the one with plate-powder, or with well-washed whiting mixed with sweet oil, and leather kept for the purpose,—the other with rottenstone mixed with a little oil, and applied without too much rubbing, until the paste is removed; but, if rubbed every day with the leather, little more will be required to keep it untarnished. The linings require careful brushing every day, the cushions being taken out and beaten, and the glass sashes should always be bright and clean. The wheel-tires and axletrees are carefully seen to, and greased when required, the bolts and nuts tightened, and all the parts likely to get out of order overhauled.

2228. These duties, however, are only incidental to the coachman's office, which is to drive; and much of the enjoyment of those in the carriage depends on his proficiency in his art,—much also of the wear of the carriage and horses. He should have sufficient knowledge of the construction of the carriage to know when it is out of order,—to know, also, the pace at which he can go over the road, he has under him, without risking the springs, and without shaking those he is driving too much.

2229. Having, with or without the help of the groom or stable-boy, put his horses to the carriage, and satisfied himself, by walking round them, that everything is properly arranged, the coachman proceeds to the off-side of the carriage, takes the reins from the back of the horses, where they were thrown, buckles them together, and, placing his foot on the step, ascends to his box, having his horses now entirely under control. In ordinary circumstances, he is not expected to descend, for where no footman accompanies the carriage, the doors are usually so arranged that even a lady may let herself out, if she wishes it, from the inside. The coachman's duties are to avoid everything approaching an accident, and all his attention is required to guide his horses.

2230. The pace at which he drives will depend upon his orders,—in all probability a moderate pace of seven or eight miles an hour; less speed is injurious to the horses, getting them into lazy and sluggish habits; for it is wonderful how soon these are acquired by some horses. The writer was once employed to purchase a horse for a country friend, and he picked a very handsome gelding out of Collins's stables, which seemed to answer to his friend's wants. It was duly committed to the coachman who was to drive it, after some very successful trials in harness and out of it, and seemed likely to give great satisfaction. After a time, the friend got tired of his carriage, and gave it up; as the easiest mode of getting rid of the horse, it was sent up to the writer's stables,—a present. Only twelve months had elapsed; the horse was as handsome as ever, with plenty of flesh, and a sleek glossy coat, and he was thankfully enough received; but, on trial, it was found that a stupid coachman, who was imbued with one of their old maxims, that "it's the pace that kills," had driven the horse, capable of doing his nine miles an hour with ease, at a jog-trot of four miles, or four and a half; and now, no persuasion of the whip could get more out of him. After many unsuccessful efforts to bring him back to his pace, in one of which a break-down occurred, under the hands of a professional trainer, he was sent to the hammer, and sold for a sum that did not pay for the attempt to break him in. This maxim, therefore, "that it's the pace that kills," is altogether fallacious in the moderate sense in which we are viewing it. In the old coaching days, indeed, when the Shrewsbury "Wonder" drove into the inn yard while the clock was striking, week after week and month after month, with unerring regularity, twenty-seven hours to a hundred and sixty-two miles; when the "Quicksilver" mail was timed to eleven miles an hour between London and Plymouth, with a fine of £5 to the driver if behind time; when the Brighton "Age," "tool'd" and horsed by the late Mr. Stevenson, used to dash round the square as the fifth hour was striking, having stopped at the half-way house while his servant handed a sandwich and a glass of sherry to his passengers,—then the pace was indeed "killing." But the truth is, horses that are driven at a jog-trot pace lose that *elan* with which a good driver can inspire them, and they are left to do their work by mere weight and muscle; therefore, unless he has contrary orders, a good driver will choose a smart pace, but not enough to make his horses perspire; on level roads this should never be seen.

2231. In choosing his horses, every master will see that they are properly paired,—that their paces are about equal. When their habits differ, it is the coachman's duty to discover how he can, with least annoyance to the horses, get that pace out of them. Some horses have been accustomed to be driven on the check, and the curb irritates them; others, with harder mouths, cannot be controlled with the slight leverage this affords; he must, therefore, accommodate the horses as he best can. The reins should always be held so that the horses are "in hand;" but he is a very bad driver who always drives with a tight rein; the pain to the horse is intolerable, and causes him to rear and plunge, and finally break away, if he can. He is also a bad driver when the reins are always slack; the horse then feels abandoned to himself; he is neither directed nor supported, and if no accident occurs, it is great good luck.

2232. The true coachman's hands are so delicate and gentle, that the mere weight of the reins is felt on the bit, and the directions are indicated by a turn of the wrist rather than by a pull; the horses are guided and encouraged, and only pulled up when they exceed their intended pace, or in the event of a stumble; for there is a strong though gentle hand on the reins.

2233. *The Whip*, in the hands of a good driver, and with well-bred cattle, is there, more as a precaution than a "tool" for frequent use; if he uses it, it is to encourage, by stroking the flanks; except, indeed, he has to punish some waywardness of temper, and then he does it effectually, taking care, however, that it is done on the flank, where there is no very tender part, never on the crupper. In driving, the coachman should never give way to temper. How often do we see horses stumble from being conducted, or at least "allowed," to go over bad ground by some careless driver, who immediately wreaks that vengeance on the poor horse which might, with much more justice, be applied to his own brutal shoulders. The whip is of course useful, and even necessary, but should be rarely used, except to encourage and excite the horses.

DUTIES OF THE VALET.

2234. *Attendants on the Person*.—"No man is a hero to his valet," saith the proverb; and the corollary may run, "No lady is a heroine to her maid." The infirmities of humanity are, perhaps, too numerous and too equally distributed to stand the severe microscopic tests which attendants on the person have opportunities of applying. The valet and waiting-maid are placed near the persons of the master and mistress, receiving orders only from them, dressing them, accompanying them in all their journeys, the confidants and agents of their most unguarded moments, of their most secret habits, and of course subject to their commands,—even to their caprices; they themselves being subject to erring judgment, aggravated by an imperfect education. All that can be expected from such servants is polite manners, modest demeanour, and a respectful reserve, which are indispensable. To these, good sense, good temper, some self-denial, and consideration for the feelings of others, whether above or below them in the social scale, will be useful qualifications. Their duty leads them to wait on those who are, from sheer wealth, station, and education, more polished, and consequently more susceptible of annoyance; and any vulgar familiarity of manner is opposed to all their notions of self-respect. Quiet unobtrusive manners, therefore, and a delicate reserve in speaking of their employers, either in praise or blame, is as essential in their absence, as good manners and respectful conduct in their presence.

2235. Some of the duties of the valet we have just hinted at in treating of the duties of the footman in a small family. His day commences by seeing that his master's dressing-room is in order; that the housemaid has swept and dusted it properly; that the fire is lighted and burns cheerfully; and some time before his master is expected, he will do well to throw up the sash to admit fresh air, closing it, however, in time to recover the temperature which he knows his master prefers. It is now his duty to place the body-linen on the horse before the fire, to be aired properly; to lay the trousers intended to be worn, carefully brushed and cleaned, on the back of his master's chair; while

the coat and waistcoat, carefully brushed and folded, and the collar cleaned, are laid in their place ready to put on when required. All the articles of the toilet should be in their places, the razors properly set and strapped, and hot water ready for use.

2236. Gentlemen generally prefer performing the operation of shaving themselves, but a valet should be prepared to do it if required; and he should, besides, be a good hairdresser. Shaving over, he has to brush the hair, beard, and moustache, where that appendage is encouraged, arranging the whole simply and gracefully, according to the age and style of countenance. Every fortnight, or three weeks at the utmost, the hair should be cut, and the points of the whiskers trimmed as often as required. A good valet will now present the various articles of the toilet as they are wanted; afterwards, the body-linen, neck-tie, which he will put on, if required, and, afterwards, waistcoat, coat, and boots, in suitable order, and carefully brushed and polished.

2237. Having thus seen his master dressed, if he is about to go out, the valet will hand him his cane, gloves, and hat, the latter well brushed on the outside with a soft brush, and wiped inside with a clean handkerchief, respectfully attend him to the door, and open it for him, and receive his last orders for the day.

2238. He now proceeds to put everything in order in the dressing-room, cleans the combs and brushes, and brushes and folds up any clothes that may be left about the room, and puts them away in the drawers.

2239. Gentlemen are sometimes indifferent as to their clothes and appearance; it is the valet's duty, in this case, where his master permits it, to select from the wardrobe such things as are suitable for the occasion, so that he may appear with scrupulous neatness and cleanliness; that his linen and neck-tie, where that is white or coloured, are unsoiled; and where he is not accustomed to change them every day, that the cravat is turned, and even ironed, to remove the crease of the previous fold. The coat collar,—which where the hair is oily and worn long, is apt to get greasy—should also be examined; a careful valet will correct this by removing the spots day by day as they appear, first by moistening the grease-spots with a little rectified spirits of wine or spirits of hartshorn, which has a renovating effect, and the smell of which soon disappears. The grease is dissolved and removed by gentle scraping. The grease removed, add a little more of the spirit, and rub with a piece of clean cloth; finish by adding a few drops more; rub it with the palm of the hand, in the direction of the grain of the cloth, and it will be clean and glossy as the rest of the garment.

2240. Polish for the boots is an important matter to the valet, and not always to be obtained good by purchase; never so good, perhaps, as he can make for himself after the following recipes:—Take of ivory-black and treacle each 4 oz., sulphuric acid 1 oz., best olive-oil 2 spoonfuls, best white-wine vinegar 3 half-pints; mix the ivory-black and treacle well in an earthen jar; then add the sulphuric acid, continuing to stir the mixture; next pour in the oil; and, lastly, add the vinegar, stirring it in by degrees, until thoroughly incorporated.

2241. Another polish is made by mixing 1 oz. each of pounded galls and logwood-chips, and 3 lbs. of red French wine (ordinaire). Boil together till the liquid is reduced to half the quantity, and pour it off through a strainer. Now take $\frac{1}{2}$ lb. each of pounded gum-arabic and lump-sugar, 1 oz. of green-copperas, and 3 lbs. of brandy. Dissolve the gum-arabic in the preceding decoction, and add the sugar and copperas: when all is dissolved and mixed together, stir in the brandy, mixing it smoothly. This mixture will yield 5 or 6 lbs. of a very superior polishing paste for boots and shoes.

2242. It is, perhaps, unnecessary to add, that having discharged all the commissions intrusted to him by his master, such as conveying notes or messages to friends, or the tradesmen, all of which he should punctually and promptly attend to, it is his duty to be in waiting when his master returns home to dress for dinner, or for any other occasion, and to have all things prepared for this second dressing. Previous to this, he brings under his notice the cards of visitors who may have called, delivers the messages he may have received for him, and otherwise acquits himself of the morning's commissions, and receives his orders for the remainder of the day. The routine of his evening duty is to have the dressing-room and study, where there is a separate one, arranged comfortably for his master, the fires lighted, candles prepared, dressing-gown and slippers in their place, and aired, and everything in order that is required for his master's comfort.

FEMALE DOMESTICS.

DUTIES OF THE LADY'S-MAID.

2243. The duties of a lady's-maid are more numerous, and perhaps more onerous, than those of the valet; for while the latter is aided by the tailor, the hatter, the linen-draper, and the perfumer, the lady's-maid has to originate many parts of the mistress's dress herself: she should, indeed, be a tolerably expert milliner and dressmaker, a good hairdresser, and possess some chemical knowledge of the cosmetics with which the toilet-table is supplied, in order to use them with safety and effect. Her first duty in the morning, after having performed her own toilet, is to examine the clothes put off by her mistress the evening before, either to put them away, or to see that they are all in order to put on again. During the winter, and in wet weather, the dresses should be carefully examined, and the mud removed. Dresses of tweed, and other woollen materials, may be laid out on a table and brushed all over; but in general, even in woollen fabrics, the lightness of the tissues renders brushing unsuitable to dresses, and it is better to remove the dust from the folds by beating them lightly with a handkerchief or thin cloth. Silk dresses should never be brushed, but rubbed with a piece of merino, or other soft material, of a similar colour, kept for the purpose. Summer dresses of barège, muslin, mohair, and other light materials, simply require shaking; but if the muslin be tumbled, it must be ironed afterwards. If the dresses require slight repair, it should be done at once: "a stitch in time saves nine."

2244. The bonnet should be dusted with a light feather plume, in order to remove every particle of dust; but this has probably been done, as it ought to have been, the night before. Velvet bonnets, and other velvet articles of dress, should be cleaned with a soft brush. If the flowers with which the bonnet is decorated have been crushed or displaced, or the leaves tumbled, they should be raised and readjusted by means of flower-pliers. If feathers have suffered from damp, they should be held near the fire for a few minutes, and restored to their natural state by the hand or a soft brush.

2245. The *Chausserie*, or foot-gear of a lady, is one of the few things left to mark her station, and requires special care. Satin boots or shoes should be dusted with a soft brush, or wiped with a cloth. Kid or varnished leather should have the mud wiped off with a sponge charged with milk, which preserves its softness and polish. The following is also an excellent polish for applying to ladies' boots, instead of blacking them:—Mix equal proportions of sweet-oil, vinegar, and treacle, with 1 oz. of lamp-black. When all the ingredients are thoroughly incorporated, rub the mixture on the boots with the palm of the hand, and put them in a cool place to dry. Ladies' blacking, which may be purchased in 6d. and 1s. bottles, is also very much used for patent leather and kid boots, particularly when they are a little worn. This blacking is merely applied with a piece of sponge, and the boots should not be put on until the blacking is dry and hardened.

2246. These various preliminary offices performed, the lady's-maid should prepare for dressing her mistress, arranging her dressing-room, toilet-table, and linen, according to her mistress's wishes and habits. The details of dressing we need not touch upon,—every lady has her own mode of doing so; but the maid should move about quietly, perform any offices about her mistress's person, as lacing stays, gently, and adjust her linen smoothly.

2247. Having prepared the dressing-room by lighting the fire, sweeping the hearth, and made everything ready for dressing her mistress, placed her linen before the fire to air, and laid out the various articles of dress she is to wear, which will probably have been arranged the previous evening, the lady's-maid is prepared for the morning's duties.

2248. *Hairdressing* is the most important part of the lady's-maid's office. If ringlets are worn, remove the curl-papers, and, after thoroughly brushing the back hair both above and below, dress it according to the prevailing fashion. If bandeaux are worn, the hair is thoroughly brushed and frizzed outside and inside, folding the hair back round the head, brushing it perfectly smooth, giving it a glossy appearance by the use of pomades, or oil, applied by the palm of the hand, smoothing it down with a small brush dipped in bandoline. Double bandeaux are formed by bringing most of the hair forward, and rolling it over frizettes made of hair the same colour as that of the wearer: it is finished behind by plaiting the hair, and arranging it in such a manner as to look well with the head-dress.

2249. Lessons in hairdressing may be obtained, and at not an unreasonable charge. If a lady's-maid can afford it, we would advise her to initiate herself in the mysteries of hairdressing before entering on her duties. If a mistress finds her maid handy, and willing to learn, she will not mind the expense of a few lessons, which are almost necessary, as the fashion and mode of dressing the hair is so continually changing. Brushes and combs should be kept scrupulously clean, by washing them about twice a week: to do this oftener spoils the brushes, as very frequent washing makes them so very soft.

To wash Brushes.

2250. Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water. Put the water into a basin, and, after combing out the hair from the brushes, dip them, bristles downwards, into the water and out again, keeping the backs and handles as free from the water as possible. Repeat this until the bristles look clean; then rinse the brushes in a little cold water; shake them well, and wipe the handles and backs with a towel, *but not the bristles*, and set the brushes to dry in the sun, or near the fire; but take care not to put them too close to it. Wiping the bristles of a brush makes them soft, as does also the use of soap.

To clean Combs.

2251. If it can be avoided, never wash combs, as the water often makes the teeth split, and the tortoiseshell or horn of which they are made, rough. Small brushes, manufactured purposely for cleaning combs, may be purchased at a trifling cost: with this the comb should be well brushed, and afterwards wiped with a cloth or towel.

A good Wash for the Hair.

2252. **INGREDIENTS.**—1 pennyworth of borax, $\frac{1}{2}$ pint of olive-oil, 1 pint of boiling water.

Mode.—Pour the boiling water over the borax and oil; let it cool; then put the mixture into a bottle. Shake it before using, and apply it with a flannel. Camphor and borax, dissolved in boiling water and left to cool, make a very good wash for the hair; as also does rosemary-water mixed with a little borax. After using any of these washes, when the hair becomes thoroughly dry, a little pomatum or oil should be rubbed in, to make it smooth and glossy.

To make Pomade for the Hair.

2253. **INGREDIENTS.**— $\frac{1}{4}$ lb. of lard, 2 pennyworth of castor-oil; scent.

Mode.—Let the lard be unsalted; beat it up well; then add the castor-oil, and mix thoroughly together with a knife, adding a few drops of any scent that may be preferred. Put the pomatum into pots, which keep well covered to prevent it turning rancid.

Another Recipe for Pomatum.

2254. **INGREDIENTS.**—8 oz. of olive-oil, 1 oz. of spermaceti, 3 pennyworth of essential oil of almonds, 3 pennyworth of essence of lemon.

Mode.—Mix these ingredients together, and store away in jars for use.

To make Bandoline.

2255. **INGREDIENTS.**—1 oz. of gum-tragacanth, $\frac{1}{2}$ pint of cold water, 3 pennyworth of essence of almonds, 2 teaspoonfuls of old rum.

Mode.—Put the gum-tragacanth into a wide-mouthed bottle with the cold water; let it stand till dissolved, then stir into it the essence of almonds; let it remain for an hour or two, when pour the rum on the top. This should

make the stock bottle, and when any is required for use, it is merely necessary to dilute it with a little cold water until the desired consistency is obtained, and to keep it in a small bottle, well corked, for use. This bandoline, instead of injuring the hair, as many other kinds often do, improves it, by increasing its growth, and making it always smooth and glossy.

An excellent Pomatum.

2256. **INGREDIENTS.**— $\frac{1}{2}$ lb. of lard, $\frac{1}{2}$ pint of olive-oil, $\frac{1}{2}$ pint of castor-oil, 4 oz. of spermaceti, bergamot, or any other scent; elder-flower water.

Mode.—Wash the lard well in the elder-flower water; drain, and beat it to a cream. Mix the two oils together, and heat them sufficiently to dissolve the spermaceti, which should be beaten fine in a mortar. Mix all these ingredients together with the brandy and whatever kind of scent may be preferred; and whilst warm pour into glass bottles for use, keeping them well corked. The best way to liquefy the pomatum is to set the bottle in a saucepan of warm water. It will remain good for many months.

To promote the Growth of Hair.

2257. **INGREDIENTS.**—Equal quantities of olive-oil and spirit of rosemary; a few drops of oil of nutmeg.

Mode.—Mix the ingredients together, rub the roots of the hair every night with a little of this Linctament, and the growth of it will very soon sensibly increase.

2258. Our further remarks on dressing must be confined to some general advice. In putting on a band, see that it is laid quite flat, and is drawn tightly round the waist before it is pinned in front; that the pin is a strong one, and that it is secured to the stays, so as not to slip up or down, or crease in the folds. Arrange the folds of the dress over the crinoline petticoats; if the dress fastens behind, put a small pin in the slit to prevent it from opening. See that the sleeves fall well over the arms. If it is finished with a jacket, or other upper dress, see that it fits smoothly under the arms; pull out the flounces, and spread out the petticoat at the bottom with the hands, so that it falls in graceful folds. In arranging the petticoat itself, a careful lady's-maid will see that this is firmly fastened round the waist.

2259. Where sashes are worn, pin the bows securely on the inside with a pin, so as not to be visible; then raise the bow with the fingers. The collar is arranged and carefully adjusted with brooch or bow in the centre.

2260. Having dressed her mistress for breakfast, and breakfasted herself, the further duties of the lady's-maid will depend altogether upon the habits of the family, in which hardly two will probably agree. Where the duties are entirely confined to attendance on her mistress, it is probable that the bed-room and dressing-room will be committed to her care; that, the housemaid will rarely enter, except for the weekly or other periodical cleaning; she will, therefore, have to make her mistress's bed, and keep it in order; and as her duties are light and easy, there can be no allowance made for the slightest approach to uncleanliness or want of order. Every morning, immediately after her mistress has left it, and while breakfast is on, she should throw the bed open, by taking off the clothes; open the windows (except in rainy weather), and leave the room to air for half an hour. After breakfast, except her attendance

on her mistress prevents it, if the rooms are carpeted, she should sweep them carefully, having previously strewed the room with moist tea-leaves, dusting every table and chair, taking care to penetrate to every corner, and moving every article of furniture that is portable. This done satisfactorily, and having cleaned the dressing-glass, polished up the furniture and the ornaments, and made the glass jug and basin clean and bright, emptied all slops, emptied the water-jugs and filled them with fresh water, and arranged the rooms, the dressing-room is ready for the mistress when she thinks proper to appear.

2261. The dressing-room thoroughly in order, the same thing is to be done in the bedroom, in which she will probably be assisted by the housemaid to make the bed and empty the slops. In making the bed, she will study her lady's wishes, whether it is to be hard or soft, sloping or straight, and see that it is done accordingly.

2262. Having swept the bedroom with equal care, dusted the tables and chairs, chimney-ornaments, and put away all articles of dress left from yesterday, and cleaned and put away any articles of jewellery, her next care is to see, before her mistress goes out, what requires replacing in her department, and furnish her with a list of them, that she may use her discretion about ordering them. All this done, she may settle herself down to any work on which she is engaged. This will consist chiefly in mending; which is first to be seen to; everything, except stockings, being mended before washing. Plain work will probably be one of the lady's-maid's chief employments.

2263. A waiting-maid, who wishes to make herself useful, will study the fashion-books with attention, so as to be able to aid her mistress's judgment in dressing, according to the prevailing fashion, with such modifications as her style of countenance requires. She will also, if she has her mistress's interest at heart, employ her spare time in repairing and making up dresses which have served one purpose, to serve another also; or turning many things, unfitted for her mistress to use, for the younger branches of the family. The lady's-maid may thus render herself invaluable to her mistress, and increase her own happiness in so doing. The exigencies of fashion and luxury are such, that all ladies, except those of the very highest rank, will consider themselves fortunate in having about them a thoughtful person, capable of diverting their finery to a useful purpose.

2264. Among other duties, the lady's-maid should understand the various processes for washing, and cleaning, and repairing laces; edging of collars; removing stains and grease-spots from dresses, and similar processes, for which the following recipes will be found very useful. In washing—

2265. *Blonde*, fine toilet-soap is used; the blonde is soaped over very slightly, and washed in water in which a little fig-blue is dissolved, rubbing it very gently; when clean, dry it. Dip it afterwards in very thin gum-water, dry it again in linen, spread it out as flat as it will lie, and iron it. Where the blonde is of better quality, and wider, it may be stretched on a hoop to dry after washing in the blue-water, applying the gum with a sponge; or it may be washed finally in water in which a lump of sugar has been dissolved, which gives it more the appearance of new blonde.

2266. Lace collars soil very quickly when in contact with the neck; they are cleaned by beating the edge of the collar between the folds of a fine linen cloth, then washing the edges as directed above, and spreading it out on an ironing-board, pinning it at each corner with fine pins; then going carefully over it with a sponge charged with water in

which some gum-dragon and fig-blue have been dissolved, to give it a proper consistence. To give the collar the same tint throughout, the whole collar should be sponged with the same water, taking care not to touch the flowers.

2267. A multiplicity of accidents occur to soil and spot dresses, which should be removed at once. To remove—

2268. *Grease-spots* from cotton or woollen materials of fast colours, absorbent pastes, purified bullock's-blood, and even common soap, are used, applied to the spot when dry. When the colours are not fast, use fuller's-earth or pulverized potter's-clay, laid in a layer over the spot, and press it with a very hot iron.

2269. For Silks, Moires, and plain or brocaded Satins, begin by pouring over the spot two drops of rectified spirits of wine; cover it over with a linen cloth, and press it with a hot iron, changing the linen instantly. The spot will look tarnished, for a portion of the grease still remains: this will be removed entirely by a little sulphuric ether dropped on the spot, and a very little rubbing. If neatly done, no perceptible mark or circle will remain; nor will the lustre of the richest silk be changed, the union of the two liquids operating with no injurious effects from rubbing.

2270. *Fruit-spots* are removed from white and fast-coloured cottons by the use of chloride of soda. Commence by cold-soaping the article, then touch the spot with a hair-pencil or feather dipped in the chloride, dipping it immediately into cold water, to prevent the texture of the article being injured.

2271. *Ink-spots* are removed, when fresh applied to the spot, by a few drops of hot water being poured on immediately afterwards. By the same process, iron-mould in linen or calico may be removed, dipping immediately in cold water to prevent injury to the fabric.

2272. *Wax* dropped on a shawl, table-cover, or cloth dress, is easily discharged by applying spirits of wine.

2273. *Syrups or Preserved Fruits*, by washing in lukewarm water with a dry cloth, and pressing the spot between two folds of clean linen.

2274. *Essence of Lemon* will remove grease, but will make a spot itself in a few days.

To clean Silk or Ribbons.

2275. **INGREDIENTS.**— $\frac{1}{2}$ pint of gin, $\frac{1}{2}$ lb. of honey, $\frac{1}{2}$ lb. of soft soap, $\frac{1}{2}$ pint of water.

Mode.—Mix the above ingredients together; then lay each breadth of silk upon a clean kitchen table or dresser, and scrub it well on the soiled side with the mixture. Have ready three vessels of cold water; take each piece of silk at two corners, and dip it up and down in each vessel, but do not wring it; and take care that each breadth has one vessel of quite clean water for the last dip. Hang it up dripping for a minute or two, then dab it in a cloth, and iron it quickly with a very-hot iron.

To remove Paint-spots from Silk Cloth.

2276. If the fabric will bear it, sharp rubbing will frequently entirely discharge a newly-made paint-stain; but, if this is not successful, apply spirit of turpentine with a quill till the stains disappear.

To make old Crape look nearly equal to new.

2277. Place a little water in a teakettle, and let it boil until there is plenty of steam from the spout; then, holding the crape in both hands, pass it to and fro several times through the steam, and it will be clean and look nearly equal to new.

2278. *Linen.*—Before sending linen to wash, the lady's-maid should see that everything under her charge is properly mended; for her own sake she should take care that it is sent out in an orderly manner, each class of garments by themselves, with a proper list, of which she retains a copy. On its return, it is still more necessary to examine every piece separately, so that all missing buttons be supplied, and only the articles properly washed and in perfect repair passed into the wardrobe.

2279. Ladies who keep a waiting-maid for their own persons are in the habit of paying visits to their friends, in which it is not unusual for the maid to accompany them; at all events, it is her duty to pack the trunks; and this requires not only knowledge but some practice, although the improved trunks and portmanteaus now made, in which there is a place for nearly everything, render this more simple than formerly. Before packing, let the trunks be thoroughly well cleaned, and, if necessary, lined with paper, and everything intended for packing laid out on the bed or chairs, so that it may be seen what is to be stowed away; the nicer articles of dress neatly folded in clean calico wrappers. Having satisfied herself that everything wanted is laid out, and that it is in perfect order, the packing is commenced by disposing of the most bulky articles, the dressing-case and work-box, skirts, and other articles requiring room, leaving the smaller articles to fill up; finally, having satisfied herself that all is included, she should lock and cover up the trunk in its canvas case, and then pack her own box, if she is to accompany her mistress.

2280. On reaching the house, the lady's-maid will be shown her lady's apartment; and her duties here are what they were at home; she will arrange her mistress's things, and learn which is her bell, in order to go to her when she rings. Her meals will be taken in the housekeeper's room; and here she must be discreet and guarded in her talk to any one of her mistress or her concerns. Her only occupation here will be attending in her lady's room, keeping her things in order, and making her rooms comfortable for her.

2281. The evening duties of a lady's-maid are pretty nearly a repetition of those of the morning. She is in attendance when her mistress retires; she assists her to undress if required, brushes her hair, and renders such other assistance as is demanded; removes all slops; takes care that the fire, if any, is safe, before she retires to rest herself.

2282. *Ironing* is a part of the duties of a lady's-maid, and she should be able to do it in the most perfect manner when it becomes necessary. Ironing is often badly done from inattention to a few very simple requirements. Cleanliness is the first essential: the ironing-board, the fire, the iron, and the ironing-blanket should all be perfectly clean. It will not be necessary here to enter into details on ironing, as full directions are given in the "Duties of the Laundry-maid." A lady's-maid will have a great deal of ,, ironing-out" to do; such as light evening dresses, muslin dresses, &c., which

are not dirty enough to be washed, but merely require smoothing out to remove the creases. In summer, particularly, an iron will be constantly required, as also a skirt-board, which should be covered with a nice clean piece of flannel. To keep muslin dresses in order, they almost require smoothing out every time they are worn, particularly if made with many flounces. The lady's-maid may often have to perform little services for her mistress which require care; such as restoring the colour to scorched linen, &c. &c. The following recipe is, we believe, a very good one.

To restore Whiteness to scorched Linen.

2283. **INGREDIENTS.**— $\frac{1}{2}$ pint of vinegar, 2 oz. of fuller's-earth, 1 oz. of dried flwls' dang, $\frac{1}{2}$ oz. of soap, the juice of 2 large onions.

Mode.—Boil all these ingredients together to the consistency of paste; spread the composition thickly over the damaged part, and if the threads be not actually consumed, after it has been allowed to dry on, and the place has subsequently been washed once or twice, every trace of scorching will disappear.

2284. *Furs, Feathers, and Woollens* require the constant care of the waiting-maid. Furs and feathers not in constant use should be wrapped up in linen washed in lye. From May to September they are subject to being made the depository of the moth-eggs. They should be looked too, and shaken and beaten, from time to time, in case some of the eggs should have been lodged in them, in spite of every precaution; laying them up again, or rather folding them up as before, wrapping them in brown paper, which is itself a preservative. Shawls and cloaks, which would be damaged by such close folds, must be looked to, and aired and beaten, putting them away dry before the evening.

Preservatives against the Ravages of Moths.

2285. Place pieces of camphor, cedar-wood, Russia leather, tobacco-leaves, bog-myrtle, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never take harm.

2286. *Jewels* are generally wrapped up in cotton, and kept in their cases; but they are subject to tarnish from exposure to the air, and require cleaning. This is done by preparing clean soap-suds, using fine toilet-soap. Dip any article of gold, silver, gilt, or precious stones into this lye, and dry them by brushing with a brush of soft badgers' hair, or a fine sponge; afterwards with a piece of fine cloth, and, lastly, with a soft leather.

2287. *Epaulettes* of gold or silver, and, in general, all articles of jewellery, may be dressed by dipping them in spirits of wine warmed in a *bain marie*, or shallow kettle, placed over a slow fire or hot-plate.

2288. The valet and lady's-maid, from their supposed influence with their master and mistress, are exposed to some temptations to which other servants are less subjected. They are probably in communication with the tradespeople who supply articles for the toilet; such as hatters, tailors, dressmakers, and perfumers. The conduct of waiting-maid and valet to these people should be civil but independent, making reasonable allowance for want of exact punctuality, if any such can be made; they should represent any inconvenience respectfully, and if an excuse seems unreasonable, put the matter fairly to master or mistress, leaving it to them to notice it further, if they think

it necessary. No expectations of a personal character should influence them one way or the other. It would be acting unreasonably to any domestic to make them refuse such presents as tradespeople choose to give them; the utmost that can be expected is that they should not influence their judgment in the articles supplied—that they should represent them truly to master or mistress, without fear and without favour. Civility to all, servility to none, is a good maxim for every one. Deference to a master and mistress, and to their friends and visitors, is one of the implied terms of their engagement; and this deference must apply even to what may be considered their whims. A servant is not to be seated, or wear a hat in the house, in his master's or mistress's presence; nor offer any opinion, unless asked for it; nor even to say "good night," or "good morning," except in reply to that salutation.

To preserve cut Flowers.

2289. A bouquet of freshly-cut flowers may be preserved alive for a long time by placing them in a glass or vase with fresh water, in which a little charcoal has been steeped, or a small piece of camphor dissolved. The vase should be set upon a plate or dish, and covered with a bell-glass, around the edges of which, when it comes in contact with the plate, a little water should be poured to exclude the air.

To revive cut Flowers after packing.

2290. Plunge the stems into boiling water, and by the time the water is cold, the flowers will have revived. Then cut afresh the ends of the stems, and keep them in fresh cold water.

UPPER AND UNDER HOUSEMAIDS.

2291. Housemaids, in large establishments, have usually one or more assistants; in this case they are upper and under housemaids. Dividing the work between them, the upper housemaid will probably reserve for herself the task of dusting the ornaments and cleaning the furniture of the principal apartments, but it is her duty to see that every department is properly attended to. The number of assistants depends on the number in the family, as well as on the style in which the establishment is kept up. In wealthy families it is not unusual for every grown-up daughter to have her waiting-maid, whose duty it is to keep her mistress's apartments in order; thus abridging the housemaid's duties. In others, perhaps, one waiting-maid attends on two or three, when the housemaid's assistance will be more requisite. In fact, every establishment has some customs peculiar to itself, on which we need not dwell; the general duties are the same *in all*, perfect cleanliness and order being the object.

DUTIES OF THE HOUSEMAID.

2292. "Cleanliness is next to godliness," saith the proverb, and "order" is in the next degree; the housemaid, then, may be said to be the handmaiden to two of the most prominent virtues. Her duties are very numerous, and many of the comforts of the family depend on their performance; but they are simple and easy to a person naturally clean and orderly, and desirous of giving satisfaction. In all families, whatever the habits of the master and mistress, servants will find it advantageous to rise early; their daily work will thus come easy to them. If they rise late, there is a struggle to overtake it, which throws an air of haste and hurry over the whole establishment. Where the master's time is regulated by early business or professional engagements, this will, of course, regulate the hours of the servants; but even where that is not the case, servants will find great personal convenience in rising early and getting through their work in an orderly and methodical manner. The housemaid who studies her own ease will certainly be at her work by six o'clock in the summer, and, probably, half-past six or seven in the winter months, having spent a reasonable time in her own chamber in dressing. Earlier than this would, probably, be an unnecessary waste of coals and candle in winter.

2293. The first duty of the housemaid in winter is to open the shutters of all the lower rooms in the house, and take up the hearth-rugs of those rooms which she is going to "do" before breakfast. In some families, where there is only a cook and housemaid kept, and where the drawing-rooms are large, the cook has the care of the dining-room, and the housemaid that of the breakfast-room, library, and drawing-rooms. After the shutters are all opened, she sweeps the breakfast-room, sweeping the dust towards the fire-place, of course previously removing the fender. She should then lay a cloth (generally made of coarse wrapping) over the carpet in front of the stove, and on this should place her housemaid's box, containing black-lead brushes, leathers, emery-paper, cloth, black lead, and all utensils necessary for cleaning a grate, with the cinder-pail on the other side.



CARPET-BROOMS.

2294. She now sweeps up the ashes, and deposits them in her cinder-pail, which is a japanned tin pail, with a wire-sifter inside, and a closely-fitting top. In this pail the cinders are sifted, and reserved for use in the kitchen or under the copper, the ashes only being thrown away. The cinders disposed of, she proceeds to black-lead the grate, producing the black lead, the soft brush for laying it on, her blacking and polishing brushes, from the box which contains

her tools. This housemaid's box should be kept well stocked. Having blackened, brushed, and polished every part, and made all clean and bright, she now proceeds to lay the fire. Sometimes it is very difficult to get a proper



STOVE-BRUSHES.



HOUSEMAID'S BOX.

polish to black grates, particularly if they have been neglected, and allowed to rust at all. Brunswick black, which is an excellent varnish for grates, may be prepared in the following manner:—

2295. **INGREDIENTS.**—1 lb. of common asphaltum, $\frac{1}{2}$ pint of linseed oil, 1 quart of oil of turpentine.

Mode.—Melt the asphaltum, and add gradually to it the other two ingredients. Apply this with a small painter's brush, and leave it to become perfectly dry. The grate will need no other cleaning, but will merely require dusting every day, and occasionally brushing with a dry black-lead brush. This is, of course, when no fires are used. When they are required, the bars, cheeks, and back of the grate will need black-leading in the usual manner.

2296. *Fire-lighting*, however simple, is an operation requiring some skill; a fire is readily made by laying a few cinders at the bottom in open order; over this a few pieces of paper, and over that again eight or ten pieces of dry wood; over the wood, a course of moderate-sized pieces of coal, taking care to leave hollow spaces between for air at the centre; and taking care to lay the whole well back in the grate, so that the smoke may go up the chimney, and not into the room. This done, fire the paper with a match from below, and, if properly laid, it will soon burn up; the stream of flame from the wood and paper soon communicating to the coals and cinders, provided there is plenty of air at the centre.

2297. A new method of lighting a fire is sometimes practised with advantage, the fire lighting from the top and burning down, in place of being lighted and burning up from below. This is arranged by laying the coals at the bottom, mixed with a few good-sized cinders, and the wood at the top, with another layer of coals and some paper over it; the paper is lighted in the usual way, and soon burns down to a good fire, with some economy of fuel, as is said.

2298. Bright grates require unceasing attention to keep them in perfect order. A day should never pass without the housemaid rubbing with a dry leather the polished parts of a grate, as also the fender and fire-irons. 'A careful and attentive housemaid should have no occasion ever to use emery-paper for any part but the bars, which, of course, become blackened by the fire. (Some mistresses, to save labour, have a double set of bars, one set bright for the summer, and another black set to use when fires are in requi-

sition.) When bright grates are once neglected, small rust-spots begin to show themselves, which a plain leather will not remove; the following method of cleaning them must then be resorted to:—First, thoroughly clean with emery-paper; then take a large smooth pebble from the road, sufficiently large to hold comfortably in the hand, with which rub the steel backwards and forwards one way, until the desired polish is obtained. It may appear at first to scratch, but continue rubbing, and the result will be success. The following is also an excellent polish for bright stoves and steel articles:—

2299. **INGREDIENTS.**—1 tablespoonful of turpentine, 1 ditto of sweet oil, emery powder.

Mode.—Mix the turpentine and sweet oil together, stirring in sufficient emery powder to make the mixture of the thickness of cream. Put it on the article with a piece of soft flannel, rub off quickly with another piece, then polish with a little dry emery powder and clean leather.

2300. The several fires lighted, the housemaid proceeds with her dusting, and polishing the several pieces of furniture in the breakfast-parlour, leaving no corner unvisited. Before sweeping the carpet, it is a good practice to sprinkle it all over with tea-leaves, which not only lay all dust, but give a slightly fragrant smell to the room. It is now in order for the reception of the family; and where there is neither footman nor parlour-maid, she now proceeds to the dressing-room, and lights her mistress's fire, if she is in the habit of having one to dress by. Her mistress is called, hot water placed in the dressing-room for her use, her clothes—as far as they are under the housemaid's charge—put before the fire to air, hanging a fire-guard on the bars where there is one, while she proceeds to prepare the breakfast.

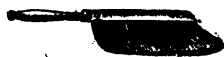
2301. In summer the housemaid's work is considerably abridged: she throws open the windows of the several rooms not occupied as bedrooms, that they may receive the fresh morning air before they are occupied; she prepares the breakfast-room by sweeping the carpet, rubbing tables and chairs, dusting mantel-shelf and picture-frames with a light brush, dusting the furniture, and beating and sweeping the rug; she cleans the grate when necessary, and replaces the white paper or arranges the shavings with which it is filled, leaving everything clean and tidy for breakfast. It is not enough, however, in cleaning furniture, just to pass lightly over the surface; the rims and legs of tables, and the backs and legs of chairs and sofas, should be rubbed vigorously daily; if there is a book-case, every corner of every pane and ledge requires to be carefully wiped, so that not a speck of dust can be found in the room.

2302. After the breakfast-room is finished, the housemaid should proceed to sweep down the stairs, commencing at the top, whilst the cook has the charge of the hall, door-step, and passages. After this she should go into the drawing-room, cover up every article of furniture that is likely to spoil, with

large dusting-sheets, and put the chairs together, by turning them seat to seat, and, in fact, make as much room as possible, by placing all the loose furniture in the middle of the room, whilst she sweeps the corners and sides. When this is accomplished, the furniture can then be put back in its place, and the middle of the room swept, sweeping the dirt, as before said, towards



BANISTER-BROOM.



STAIRCASE-BROOM.

the fireplace. The same rules should be observed in cleaning the drawing-room grates as we have just stated, putting down the cloth, before commencing, to prevent the carpet from getting soiled. In the country, a room would not require sweeping thoroughly like this more than twice a week; but the housemaid should go over it every morning with a dust-pan and broom, taking up every crumb and piece she may see. After the sweeping she should leave the room, shut the door, and proceed to lay the breakfast. Where there is neither footman nor parlour-maid kept, the duty of laying the breakfast-cloth rests on the housemaid.

2303. Before laying the cloth for breakfast, the heater of the tea-urn is to be placed in the hottest part of the kitchen fire; or, where the kettle is used, boiled on the kitchen fire, and then removed to the parlour, where it is kept hot. Having washed herself free from the dust arising from the morning's work, the housemaid collects the breakfast-things on her tray, takes the breakfast-cloth from the napkin press, and carries them all on the tray into the parlour; arranges them on the table, placing a sufficiency of knives, forks, and salt-cellars for the family, and takes the tray back to the pantry; gets a supply of milk, cream, and bread; fills the butter-dish, taking care that the salt is plentiful, and soft and dry, and that hot plates and egg-cups are ready where warm meat or eggs are served, and that butter-knives and bread-knives are in their places. And now she should give the signal for breakfast, holding herself ready to fill the urn with hot water, or hand the kettle, and take in the rolls, toast, and other eatables, with which the cook supplies her, when the breakfast-room bell rings; bearing in mind that she is never to enter the parlour with dirty hands or with a dirty apron, and that everything is to be handed on a tray; that she is to hand everything she may be required to supply, on the left hand of the person she is serving, and that all is done quietly and without bustle or hurry. In some families, where there is a large number to attend on, the cook waits at breakfast whilst the housemaid is busy upstairs in the bedrooms, or sweeping, dusting, and putting the drawing-room in order.

2304. Breakfast served, the housemaid proceeds to the bed-chambers, throws up the sashes, if not already done, pulls up the blinds, throwing back curtains at the same time, and opens the beds, by removing the clothes,

placing them over a horse, or, failing that, over the backs of chairs. She now proceeds to empty the slops. In doing this, everything is emptied into the slop-pail, leaving a little scalding-hot water for a minute in such vessels as require it; adding a drop of turpentine to the water, when that is not sufficient to cleanse them. The basin is emptied, well rinsed with clean water, and carefully wiped; the ewers emptied and washed; finally, the water-jugs themselves emptied out and rinsed, and wiped dry. As soon as this is done, she should remove and empty the pails, taking care that they also are well washed, scalded, and wiped as soon as they are empty.

2305. Next follows bedmaking, at which the cook or kitchen-maid, where one is kept, usually assists; but, before beginning, velvet chairs, or other things injured by dust, should be removed to another room. In bedmaking, the fancy of its occupant should be consulted; some like beds sloping from the top towards the feet, swelling slightly in the middle; others, perfectly flat: a good housemaid will accommodate each bed to the taste of the sleeper, taking care to shake, beat, and turn it well in the process. Some persons prefer sleeping on the mattress; in which case a feather bed is usually beneath, resting on a second mattress, and a straw pailasse at the bottom. In this case, the mattresses should change places daily; the feather bed placed on the mattress shaken, beaten, taken up and opened several times, so as thoroughly to separate the feathers: if too large to be thus handled, the maid should shake and beat one end first, and then the other, smoothing it afterwards equally all over into the required shape, and place the mattress gently over it. Any feathers which escape in this process a tidy servant will put back through the seam of the tick; she will also be careful to sew up any stitch that gives way the moment it is discovered. The bedclothes are laid on, beginning with an under blanket and sheet, which are tucked under the mattress at the bottom. The bolster is then beaten and shaken, and put on, the top of the sheet rolled round it, and the sheet tucked in all round. The pillows and other bedclothes follow, and the counterpane over all, which should fall in graceful folds, and at equal distance from the ground all round. The curtains are drawn to the head and folded neatly across the bed, and the whole finished in a smooth and graceful manner. Where spring-mattresses are used, care should be taken that the top one is turned every day. The housemaid should now take up in a dustpan any pieces that may be on the carpet; she should dust the room, shut the door, and proceed to another room. When all the bedrooms are finished, she should dust the stairs, and polish the handrail of the banisters, and see that all ledges, window-sills, &c., are quite free from dust. It will be necessary for the housemaid to divide her work, so that she may not have too much to do on certain days, and not sufficient to fill up her time on other days. In the country, bedrooms should be swept and thoroughly cleaned once a week; and to be methodical and regular in her work, the housemaid should have certain days for doing certain rooms thoroughly. For instance, the drawing-room on Monday, two bedrooms on Tuesday, two on Wednesday, and so on, reserving a day for thoroughly cleaning the plate,

bedroom candlesticks, &c. &c., which she will have to do where there is no parlour-maid or footman kept. By this means the work will be divided, and there will be no unnecessary bustling and hurrying, as is the case where the work is done any time, without rule or regulation.

2306. Once a week, when a bedroom is to be thoroughly cleaned, the housemaid should commence by brushing the mattresses of the bed before it is made; she should then make it, shake the curtains, lay them smoothly on the bed, and pin or tuck up the bottom valance, so that she may be able to sweep under the bed. She should then unloop the window-curtains, shake them, and pin them high up out of the way. After clearing the dressing-table, and the room altogether of little articles of china, &c. &c., she should shake the toilet-covers, fold them up, and lay them on the bed, over which a large dusting-sheet should be thrown. She should then sweep the room; first of all sprinkling the carpet with well-squeezed tea-leaves, or a little freshly-pulled grass, when this is obtainable.



SCRUBBING-BRUSH.

After the carpet is swept, and the grate cleaned, she should wash with soap and water, with a little soda in it, the washing-table apparatus, removing all marks or fur round the jugs, caused by the water. The water-bottles and tumblers must also have her attention, as well as the top of the washing-stand, which should be cleaned with soap and flannel if it be marble: if of polished mahogany, no soap must be used. When these are all clean and arranged in their places, the housemaid should scrub the floor where it is not covered with carpet, under the beds, and round the wainscot. She should use as little soap and soda as possible, as too free a use of these articles is liable to give the boards a black appearance. In the country, cold soft water, a clean scrubbing-brush, and a willing arm, are all that are required to make bedroom floors look white. In winter it is not advisable to scrub rooms too often, as it is difficult to dry them thoroughly at that season of the year, and nothing is more dangerous than to allow persons to sleep in a damp room. The housemaid should now dust the furniture, blinds, ornaments, &c.; polish the looking-glass; arrange the toilet-cover and muslin; remove the cover from the bed, and straighten and arrange the curtains and counterpane. A bedroom should be cleaned like this every week. There are times, however, when it is necessary to have the carpet up; this should be done once a year in the country, and twice a year in large cities. The best time for these arrangements is spring and autumn, when the bed-furniture requires changing to suit the seasons of the year. After arranging the furniture, it should all be well rubbed and polished; and for this purpose the housemaid should provide herself with an old silk handkerchief, to finish the polishing.



LONG HAIR-BROOM

2307. As modern furniture is now nearly always French-polished, it should often be rubbed with an old silk rubber, or a fine cloth or duster, to keep it free from sneers. Three or four times a year any of the following polishes may be applied with very great success, as any of them make French-polished furniture look very well. One precaution must be taken,—not to put too much of the polish on at one time, and to rub, not smear it over the articles.

Furniture Polish.

2308. **INGREDIENTS.**— $\frac{1}{2}$ pint of linseed-oil, $\frac{1}{2}$ pint of vinegar, 1 oz. of spirits of salts, $\frac{1}{2}$ oz. of muriatic antimony.

Mode.—Mix all well together, and shake before using.

Furniture Polish.

2309. **INGREDIENTS.**—Equal proportions of linseed-oil, turpentine, vinegar, and spirits of wine.

Mode.—When used, shake the mixture well, and rub on the furniture with a piece of linen rag, and polish with a clean duster. Vinegar and oil, rubbed in with flannel, and the furniture rubbed with a clean duster, makes a very good polish.

Furniture Paste.

2310. **INGREDIENTS.**—3 oz. of common beeswax, 1 oz. of white wax, 1 oz. of curd soap, 1 pint of turpentine, 1 pint of boiled water.

Mode.—Mix the ingredients together, adding the water when cold; shake the mixture frequently in the bottle, and do not use it for 48 hours after it is made. It should be applied with a piece of flannel, the furniture polished with a duster, and then with an old silk rubber.



FURNITURE-BRUSH.

2311. The chambers are finished, the chamber candlesticks brought down and cleaned, the parlour lamps trimmed;—and here the housemaid's utmost care is required. In cleaning candlesticks, as in every other cleaning, she should have cloths and brushes kept for that purpose alone; the knife used to scrape them should be applied to no other purpose; the tallow-grease should be thrown into a box kept for the purpose; the same with everything connected with the lamp-trimming; the best mode of doing which she will do well to learn from the tradesman who supplies the oil; always bearing in mind, however, that without perfect cleanliness, which involves occasional scalding, no lamp can be kept in order.

2312. The drawing and dining-room, inasmuch as everything there is more costly and valuable, require even more care. When the carpets are of the kind known as velvet-pile, they require to be swept firmly by a hard whisk brush, made of cocconut fibre.

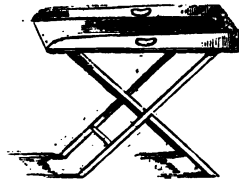
2313. The furniture must be carefully gone over in every corner with a soft cloth, that it may be left perfectly free from dust; or where that is beyond reach, with a brush made of long feathers, or a goose's wing. The sofas are

swept in the same manner, slightly beaten, the cushions shaken and smoothed, the picture-frames swept, and everything arranged in its proper place. This, of course, applies to dining-as well as drawing-room and morning-room. And now the housemaid may dress herself for the day, and prepare for the family dinner, at which she must attend.

2314. We need not repeat the long instructions already given for laying the dinner-table. At the family dinner, even where no footman waits, the routine will be the same. In most families the cloth is laid with the slips on each side, with napkins, knives, forks, spoons, and wine and finger glasses on all occasions.

2315. She should ascertain that her plate is in order, glasses free from smears, water-bottles and decanters the same, and everything ready on her tray, that she may be able to lay her cloth properly.

Few things add more to the neat and comfortable appearance of a dinner-table than well-polished plate; indeed, the state of the plate is a certain indication of a well-managed or ill-managed household. Nothing is easier than to keep plate in good order, and yet many servants, from stupidity and ignorance, make it the greatest trouble of all things under



BUTLER'S TRAY AND STAND.

their care. It should be remembered, that it is utterly impossible to make greasy silver take a polish; and that as spoons and forks in daily use are continually in contact with grease, they must require good washing in soap-and-water to remove it. Silver should be washed with a soapy flannel in one water, rinsed in another, and then wiped dry with a dry cloth. The plate so washed may be polished with the plate-rags, as in the following directions:—Once a week all the plate should receive a thorough cleaning with the hartshorn powder, as directed in the first recipe for cleaning plate; and where the housemaid can find time, rubbed every day with the plate-rags.

2316. Hartshorn, we may observe, is one of the best possible ingredients for plate-powder in daily use. It leaves on the silver a deep, dark polish, and at the same time does less injury than anything else. It has also the advantage of being very cheap; almost all the ordinary powders sold in boxes containing more or less of quicksilver, in some form or another; and this in process of time is sure to make the plate brittle. If any one wishes to be convinced of the effect of quicksilver on plate, he has only to rub a little of it on one place for some time,—on the handle of a silver teaspoon for instance, and he will find it break in that spot with very little pressure.

To Clean Plate.

A very excellent method.

2317. Wash the plate well to remove all grease, in a strong lather of common yellow soap and boiling water, and wipe it quite dry; then mix as much hartshorn powder as will be required, into a thick paste, with cold water or spirits of wine; smear this lightly over the plate with a piece of soft rag,



PLATE-BRUSH.

and leave it for some little time to dry. When perfectly dry, brush it off quite clean with a soft plate-brush, and polish the plate with a dry leather. If the plate be very dirty, or much tarnished, spirits of wine will be found to answer better than the water for mixing the paste.

Plate-rags for daily use.

2318. Boil soft rags (nothing is better for the purpose than the tops of old cotton stockings) in a mixture of new milk and hartshorn powder, in the proportion of 1 oz. of powder to a pint of milk; boil them for 5 minutes; wring them as soon as they are taken out, for a moment, in cold water, and dry them before the fire. With these rags rub the plate briskly as soon as it has been well washed and dried after daily use. A most beautiful deep polish will be produced, and the plate will require nothing more than merely to be dusted with a leather or a dry soft cloth, before it is again put on the table.

2319. For waiting at table, the housemaid should be neatly and cleanly dressed, and, if possible, her dress made with closed sleeves, the large open ones dipping and falling into everything on the table, and being very much in the way. She should not wear creaking boots, and should move about the room as noiselessly as possible, anticipating people's wants by handing them things without being asked for them, and altogether be as quiet as possible. It will be needless here to repeat what we have already said respecting waiting at table, in the duties of the butler and footman: rules that are good to be observed by them, are equally good for the parlour-maid or housemaid.

2320. The housemaid having announced that dinner is on the table, will hand the soup, fish, meat, or side-dishes to the different members of the family; but in families who do not spend much of the day together, they will probably prefer being alone at dinner and breakfast; the housemaid will be required, after all are helped, if her master does not wish her to stay in the room, to go on with her work of cleaning up in the pantry, and answer the bell when rung. In this case she will place a pile of plates on the table or a dumb-waiter, within reach of her master and mistress, and leave the room.

2321. Dinner over, the housemaid removes the plates and dishes on the tray, places the dirty knives and forks in the basket prepared for them, folds up the napkins in the ring which indicates by which member of the family it has been used, brushes off the crumbs on the hand-tray kept for the purpose, folds up the table-cloth in the folds already made, and places it in the linen-press to be smoothed out.

After every meal the table should be rubbed, all marks from hot plates removed, and the table-cover thrown over, and the room restored to its usual order. If the family retire to the drawing-room, or any other room, it is a good practice to throw up the sash to admit fresh air and ventilate the room.



CRUMB-BRUSH.

2322. The housemaid's evening service consists in washing up the dinner-things, the plate, plated articles, and glasses, restoring everything to its place; cleaning up her pantry, and putting away everything for use when next required; lastly, preparing for tea, as the time approaches, by setting the things out on the tray, getting the urn or kettle ready, with cream and other things usually partaken of at that meal.

2323. In summer-time the windows of all the bedrooms, which have been closed during the heat of the day, should be thrown open for an hour or so after sunset, in order to air them. Before dark they should be closed, the bedclothes turned down, and the night-clothes laid in order for use when required. During winter, where fires are required in the dressing-rooms, they should be lighted an hour before the usual time of retiring, placing a fire-guard before each fire. At the same time, the night-things on the horse should be placed before it to be aired, with a tin can of hot water, if the mistress is in the habit of washing before going to bed. We may add, that there is no greater preservative of beauty than washing the face every night in hot water. The housemaid will probably be required to assist her mistress to undress and put her dress in order for the morrow; in which case her duties are very much those of the lady's-maid.

2324. And now the fire is made up for the night, the fireguard replaced, and everything in the room in order for the night, the housemaid taking care to leave the night-candle and matches together in a convenient place, should they be required. It is usual in summer to remove all highly fragrant flowers from sleeping-rooms, the impression being that their scent is injurious in a close chamber.

2325. On leisure days, the housemaid should be able to do some needlework for her mistress,—such as turning and mending sheets and darning the house linen, or assist her in anything she may think fit to give her to do. For this reason it is almost essential that a housemaid, in a small family, should be an expert needlewoman; as, if she be a good manager and an active girl, she will have time on her hands to get through plenty of work.

2326. *Periodical Cleanings.*—Besides the daily routine which we have described, there are portions of every house which can only be thoroughly cleaned occasionally; at which time the whole house usually undergoes a more thorough cleaning than is permitted in the general way. On these occasions it is usual to begin at the top of the house and clean downwards; moving everything out of the room; washing the wainscoting or paint with soft soap and water; pulling down the beds and thoroughly cleansing all the joints; "scrubbing" the floor; beating feather beds, mattress, and pailasse, and thoroughly purifying every article of furniture before it is put back in its place.

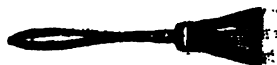
2327. This general cleaning usually takes place in the spring or early summer, when the warm curtains of winter are replaced by the light and cheerful muslin curtains. Carpets are at the same time taken up and beaten, except where the mistress of the house has been worried into an experiment by the often-reiterated question, "Why beat your carpets?" In this case she will probably have made up her mind to try the cleaning process, and arranged with the company to send for them on the morning when cleaning commenced. It is hardly necessary to repeat, that on this occasion every article is to be gone over, the French-polished furniture well rubbed and



WATER-BUCKET.



CORNER-BRUSH.



DUSTING-BRUSH.

polished. The same thorough system of cleaning should be done throughout the house; the walls cleaned where painted, and swept down with a soft broom or feather brush where papered; the window and bed curtains, which have been replaced with muslin ones, carefully brushed, or, if they require it, cleaned; lamps not likely to be required, washed out with hot water, dried, and cleaned. The several grates are now to be furnished with their summer ornaments; and we know none prettier than the following, which the housemaid may provide at a small expense to her mistress:—Purchase two yards and a half of crinoline muslin, and tear it into small strips, the selvage way of the material, about an inch wide; strip this thread by thread on each side, leaving the four centre threads; this gives about six-and-thirty pieces, fringed on each side, which are tied together at one end, and fastened to the trap of the register, while the threads, unravelling, are spread gracefully about the grate, the lower part of which is filled with paper shavings. This makes a very elegant and very cheap ornament, which is much stronger, besides, than those usually purchased.

2328. As winter approaches, this house-cleaning will have to be repeated, and the warm bed and window curtains replaced. The process of scouring and cleaning is again necessary, and must be gone through, beginning at the top, and going through the house, down to the kitchens.

2329. Independently of these daily and periodical cleanings, other occupations will present themselves from time to time, which the housemaid will have to perform. When spots show on polished furniture, they can generally be restored by soap-and-water and a sponge, the polish being brought out by

using a little polish, and then well rubbing it. Again, drawers which draw out stiffly may be made to move more easily if the spot where they press is rubbed over with a little soap.

2330. Chips broken off any of the furniture should be collected and replaced, by means of a little glue applied to it. Liquid glue, which is sold prepared in bottles, is very useful to have in the house, as it requires no melting; and anything broken can be so quickly repaired.

2331. Breaking glass and china is about the most disagreeable thing that can happen in a family, and it is, probably, a greater annoyance to a right-minded servant than to the mistress. A neat-handed housemaid may sometimes repair these breakages, where they are not broken in very conspicuous places, by joining the pieces very neatly together with a cement made as follows:—Dissolve an ounce of gum mastic in a quantity of highly-rectified spirits of wine; then soften an ounce of isinglass in warm water, and, finally, dissolve it in rum or brandy, till it forms a thick jelly. Mix the isinglass and gum mastic together, adding a quarter of an ounce of finely-powdered gum ammoniac; put the whole into an earthen pipkin, and in a warm place, till they are thoroughly incorporated together; pour it into a small phial, and cork it down for use.

2332. In using it, dissolve a small piece of the cement in a silver teaspoon over a lighted candle. The broken pieces of glass or china being warmed, and touched with the now liquid cement, join the parts neatly together, and hold in their places till the cement has set; then wipe away the cement adhering to the edge of the joint, and leave it for twelve hours without touching it: the joint will be as strong as the china itself, and if neatly done, it will show no joining. It is essential that neither of the pieces be wetted either with hot or cold water.

USEFUL RECIPES FOR HOUSEMAIDS.

To clean Marble.

2333. Mix with $\frac{1}{2}$ pint of soap lees, $\frac{1}{2}$ gill of turpentine, sufficient pipe-clay and bullock's gall to make the whole into rather a thick paste. Apply it to the marble with a soft brush, and after a day or two, when quite dry, rub it off with a soft rag. Apply this a second or third time till the marble is quite clean.

Another method.

2334. Take two parts of soda, one of pumice-stone, and one of finely-powdered chalk. Sift these through a fine sieve, and mix them into a paste with water. Rub this well all over the marble, and the stains will be removed; then wash it with soap-and-water, and a beautiful bright polish will be produced.

To clean Floorcloth.

2335. After having washed the floorcloth in the usual manner with a damp flannel, wet it all over with milk and rub it well with a dry cloth, when a most beautiful polish will be brought out. Some persons use for rubbing a well-waxed flannel; but this in general produces an unpleasant slipperiness, which is not the case with the milk.

To clean Decanters.

2336. Roll up in small pieces some soft brown or blotting paper; wet them, and soap them well. Put them into the decanters about one quarter full of warm water; shake them well for a few minutes, then rinse with clear cold water; wipe the outsides with a nice dry cloth, put the decanters to drain, and when dry they will be almost as bright as new ones.

To brighten Gilt Frames.

2337. Take sufficient flour of sulphur to give a golden tinge to about $1\frac{1}{2}$ pint of water, and in this boil 4 or 5 bruised onions, or garlic, which will answer the same purpose. Strain off the liquid, and with it, when cold, wash, with a soft brush, any gilding which requires restoring, and when dry it will come out as bright as new work.

To preserve bright Grates or Fire-irons from Rust.

2338. Make a strong paste of fresh lime and water, and with a fine brush smear it as thickly as possible over all the polished surface requiring preservation. By this simple means, all the grates and fire-irons in an empty house may be kept for months free from harm, without further care or attention.

German Furniture-Gloss.

2339. **INGREDIENTS.**— $\frac{1}{2}$ lb. yellow wax, 1 oz. black rosin, 2 oz. of oil of turpentine.

Mode.—Cut the wax into small pieces, and melt it in a pipkin, with the rosin pounded very fine. Stir in gradually, while these two ingredients are quite warm, the oil of turpentine. Keep this composition well covered for use in a tin or earthen pot. A little of this gloss should be spread on a piece of coarse woollen cloth, and the furniture well rubbed with it; afterwards it should be polished with a fine cloth.

DUTIES OF THE MAID-OF-ALL-WORK.

2340. THE general servant, or maid-of-all-work, is perhaps the only one of her class deserving of commiseration: her life is a solitary one, and in, some places, her work is never done. She is also subject to rougher treatment than either the house or kitchen-maid, especially in her earlier career: she starts in life, probably a girl of thirteen, with some small tradesman's wife as her mistress, just a step above her in the social scale; and although the class contains among them many excellent, kind-hearted women, it also contains some very rough specimens of the feminine gender, and to some of these it occasionally falls to give our maid-of-all-work her first lessons in her multifarious occupations: the mistress's commands are the measure of the maid-of-all-work's duties. By the time she has become a tolerable servant, she is probably engaged in some respectable tradesman's house, where she has to rise with the lark, for she has to do in her own person all the work which in larger establishments is performed by cook, kitchen-maid, and housemaid, and occasionally the part of a footman's duty, which consists in carrying messages.

2341. The general servant's duties commence by opening the shutters (and windows, if the weather permits) of all the lower apartments in the house; she should then brush up her kitchen-range, light the fire, clear away the ashes, clean the hearth, and polish with a leather the bright parts of the range, doing all as rapidly and as vigorously as possible, that no more time be wasted than is necessary. After putting on the kettle, she should then proceed to the dining-room or parlour to get it in order for breakfast. She should first roll up the rug, take up the fender, shake and fold up the table-cloth, then sweep the room, carrying the dirt towards the fireplace; a coarse cloth should then be laid down over the carpet, and she should proceed to clean the grate, having all her utensils close to her. When the grate is finished, the ashes cleared away, the hearth cleaned, and the fender put back in its place, she must dust the furniture, not omitting the legs of the tables and chairs; and if there are any ornaments or things on the sideboard, she must not dust round them, but lift them up on to another place, dust well where they have been standing, and then replace the things. Nothing annoys a particular mistress so much as to find, when she comes down stairs, different articles of furniture looking as if they had never been dusted. If the servant is at all methodical, and gets into a habit of *doing* a room in a certain way, she will scarcely ever leave her duties neglected. After the rug is put down, the table-cloth arranged, and everything in order, she should lay the cloth for breakfast, and then shut the dining-room door.

2342. The hall must now be swept, the mats shaken, the door-step cleaned, and any brass knockers or handles polished up with the leather. If the family breakfast very early, the tidying of the hall must then be deferred till

after that meal. After cleaning the boots that are absolutely required, the servant should now wash her hands and face, put on a clean white apron, and



MASKING-BRUSH BOX.

be ready for her mistress when she comes down stairs. In families where there is much work to do before breakfast, the master of the house frequently has two pairs of boots in wear, so that they may be properly cleaned when the servant has more time to do them, in the daytime. This arrangement is, perhaps, scarcely necessary in the summer-time, when there are no grates to clean every morning; but in the dark days of winter it is only kind and thoughtful to lighten a servant-of-all-work's duties as much as possible.

2343. She will now carry the urn into the dining-room, where her mistress will make the tea or coffee, and sometimes will boil the eggs, to insure them being done to her liking. In the mean time the servant cooks, if required, the bacon, kidneys, fish, &c. ;—if cold meat is to be served, she must always send it to table on a clean dish, and nicely garnished with tufts of parsley, if this is obtainable.

2344. After she has had her own breakfast, and whilst the family are finishing theirs, she should go upstairs into the bedrooms, open all the windows, strip the clothes off the beds, and leave them to air whilst she is clearing away the breakfast things. She should then take up the crumbs in a dustpan from under the table, put the chairs in their places, and sweep up the hearth.

2345. The breakfast things washed up, the kitchen should be tidied, so that it may be neat when her mistress comes in to give the orders for the day: after receiving these orders, the servant should go upstairs again, with a jug of boiling water, the slop-pail, and two cloths. After emptying the slops, and scalding the vessels with the boiling water, and wiping them thoroughly dry, she should wipe the top of the wash-table and arrange it all in order. She then proceeds to make the beds, in which occupation she is generally assisted by the mistress, or, if she have any daughters, by one of them. Before commencing to make the bed, the servant should put on a large bed-apron, kept for this purpose only, which should be made very wide, to button round the waist and meet behind, while it should be made as long as the dress. By adopting this plan, the blacks and dirt on servants' dresses (which at all times it is impossible to help) will not rub off on to the bed-clothes, mattresses, and bed furniture. When the beds are made, the rooms should be dusted, the stairs lightly swept down, hall furniture, closets, &c., dusted. The lady of the house, where there is but one servant kept, frequently takes charge of the drawing-room herself, that is to say, dusting it; the servant sweeping, cleaning windows, looking-glasses, grates, and rough work of that sort. If there are many ornaments and knick-knacks about the room, it is certainly better for the mistress to

dust these herself, as a maid-of-all-work's hands are not always in a condition to handle delicate ornaments.

2346. Now she has gone the rounds of the house and seen that all is in order, the servant goes to her kitchen to see about the cooking of the dinner, in which very often her mistress will assist her. She should put on a coarse apron with a bib to do her dirty work in, which may be easily replaced by a white one if required.

2347. Half an hour before dinner is ready, she should lay the cloth, that everything may be in readiness when she is dishing up the dinner, and take all into the dining-room that is likely to be required, in the way of knives, forks, spoons, bread, salt, water, &c. &c. By exercising a little forethought, much confusion and trouble may be saved both to mistress and servant, by getting everything ready for the dinner in good time.

2348. After taking in the dinner, when every one is seated, she removes the covers, hands the plates round, and pours out the beer; and should be careful to hand everything on the left side of the person she is waiting on.

2349. We need scarcely say that a maid-of-all-work cannot stay in the dining-room during the whole of dinner-time, as she must dish up her pudding, or whatever is served after the first course. When she sees every one helped, she should leave the room to make her preparations for the next course; and anything that is required, such as bread, &c., people may assist themselves to in the absence of the servant.

2350. When the dinner things are cleared away, the servant should sweep up the crumbs in the dining-room, sweep the hearth, and lightly dust the furniture, then sit down to her own dinner.

2351. After this, she washes up and puts away the dinner things, sweeps the kitchen, dusts and tidies it, and puts on the kettle for tea. She should now, before dressing herself for the afternoon, clean her knives, boots, and shoes, and do any other dirty work in the scullery that may be necessary. Knife-cleaning machines are rapidly taking the place, in most households, of the old knife-board. The saving of labour by the knife-cleaner is very great, and its performance of the work is very satisfactory. Small and large machines are manufactured, some cleaning only four knives, whilst others clean as many as twelve at once. Nothing can be more simple than the process of machine knife-cleaning; and although, in a very limited household, the substitution of the machine for the board may not be necessary,



KNIFE-CLEANING MACHINE.

yet we should advise all housekeepers, to whom the outlay is not a difficulty, to avail themselves of the services of a machine. We have already spoken of its management in the "Duties of the Footman," No. 2177.

2352. When the servant is dressed, she takes in the tea, and after tea turns down the beds, sees that the water-jugs and bottles are full, closes the windows, and draws down the blinds. If the weather is very warm, these are usually left open until the last thing at night, to cool the rooms.

2353. The routine of a general servant's duties depends upon the kind of situation she occupies; but a systematic maid-of-all-work should so contrive to divide her work, that every day in the week may have its proper share. By this means she is able to keep the house clean with less fatigue to herself than if she left all the cleaning to do at the end of the week. Supposing there are five bedrooms in the house, two sitting-rooms, kitchen, scullery, and the usual domestic offices:—on Monday she should thoroughly clean the drawing-room; on Tuesday, two of the bedrooms; on Wednesday, two more; on Thursday, the other bedroom and stairs; on Friday morning she should sweep the dining-room very thoroughly, clean the hall, and in the afternoon her kitchen tins and bright utensils. By arranging her work in this manner, no undue proportion will fall to Saturday's share, and she will then have this day for cleaning plate, cleaning her kitchen, and arranging everything in nice order. The regular work must, of course, be performed in the usual manner, as we have endeavoured to describe.

2354. Before retiring to bed, she will do well to clean up glasses, plates, &c. which have been used for the evening meal, and prepare for her morning's work by placing her wood near the fire, on the hob, to dry, taking care there is no danger of it igniting, before she leaves the kitchen for the night. Before retiring, she will have to lock and bolt the doors, unless the master undertakes this office himself.

2355. If the washing, or even a portion of it, is done at home, it will be impossible for the maid-of-all-work to do her household duties thoroughly, during the time it is about, unless she have some assistance. Usually, if all the washing is done at home, the mistress hires some one to assist at the wash-tub, and sees to little matters herself, in the way of dusting, clearing away breakfast things, folding, starching, and ironing the fine things. With a little management much can be accomplished, provided the mistress be industrious, energetic, and willing to lend a helping hand. Let washing-week be not the excuse for having everything in a muddle; and although "things" cannot be cleaned so thoroughly, and so much time spent upon them, as ordinarily, yet the house may be kept tidy and clear from litter without a great deal of exertion either on the part of the mistress or servant. We will conclude our remarks with an extract from an admirably-written book, called "Home Truths for Home Peace." The authoress says, with respect to the

great wash—"Amongst all the occasions in which it is most difficult and glorious to keep muddle out of a family, 'the great wash' stands pre-eminent; and as very little money is now saved by having *everything* done at home, many ladies, with the option of taking another servant or putting out the chief part of the washing, have thankfully adopted the latter course." She goes on to say—"When a gentleman who dines at home can't bear washing in the house, but gladly pays for its being done elsewhere, the lady should gratefully submit to his wishes, and put out anything in her whole establishment rather than put out a good and generous husband."

2356. A bustling and active girl will always find time to do a little needle-work for herself, if she lives with consistent and reasonable people. In the summer evenings she should manage to sit down for two or three hours, and for a short time in the afternoon in leisure days. A general servant's duties are so multifarious, that unless she be quick and active, she will not be able to accomplish this. To discharge these various duties properly is a difficult task, and sometimes a thankless office; but it must be remembered that a good maid-of-all-work will make a good servant in any capacity, and may be safely taken not only without fear of failure, but with every probability of giving satisfaction to her employer.

DUTIES OF THE DAIRY-MAID.

2357. THE duties of the dairy-maid differ considerably in different districts. In Scotland, Wales, and some of the northern counties, women milk the cows. On some of the large dairy farms in other parts of England, she takes her share in the milking, but in private families the milking is generally performed by the cowkeeper, and the dairy-maid only receives the milkpails from him morning and night, and empties and cleans them preparatory to the next milking; her duty being to supply the family with milk, cream, and butter, and other luxuries depending on the "milky mothers" of the herd.

2358. *The Dairy*.—The object with which gentlemen keep cows is to procure milk unadulterated, and sweet butter, for themselves and families: in order to obtain this, however, great cleanliness is required, and as visitors, as well as the mistress of the house, sometimes visit the dairy, some efforts are usually made to render it ornamental and picturesque. The locality is usually fixed near to the house; it should neither be exposed to the fierce heat of the summer's sun nor to the equally unfavourable frosts of winter—it must be both sheltered and shaded. If it is a building apart from the house and other offices, the walls should be tolerably thick, and if hollow, the temperature will be more equable. The walls inside are usually covered with Dutch glazed tiles; the flooring also of glazed tiles set in asphalt, to resist water; and the ceiling, lath and plaster, or closely-jointed woodwork, painted. Its architecture will be a matter of fancy: it should have a northern aspect, and a thatched roof is considered most suitable, from the shade and shelter it affords; and it should contain at least two apartments, besides a cool place for storing away butter. One of the apartments, in which the milk is placed to deposit cream, or to ripen for churning, is usually surrounded by shelves of marble or slate, on which the milk-dishes rest; but it will be found a better plan to have a large square or round table of stone in the centre, with a water-tight ledge all round it, in which water may remain in hot weather, or, if some attempt at the picturesque

is desired, a small fountain might occupy the centre, which would keep the apartment cool and fresh. Round this table the milk-dishes should be ranged; one shelf, or dresser, of slate or marble, being kept for the various occupations of the dairy-maid: it will be found a better plan than putting them on shelves and recesses against the wall. There should be a funnel or ventilator in the ceiling, communicating with the open air, made to open and shut as required. Double windows are recommended, but of the lattice kind, so that they may open, and with wire-gauze blinds fitted into the opening, and calico blinds, which may be wetted when additional coolness is required. The other apartment will be used for churning, washing, and scrubbing—in fact, the scullery of the dairy, with a boiler for hot water, and a sink with cold water laid on, which should be plentiful and good. In some dairies a third apartment, or, at least, a cool airy pantry, is required for storing away butter, with shelves of marble or slate, to hold the cream-jars while it is ripening, and where cheeses are made, a fourth becomes necessary. The dairy utensils are not numerous,—*churns*, *milk-pails* for each cow, *hair-sieves*, *slices of tin*, milk-pans, marble dishes for cream for family use, scales and weights, a portable rack for drying the utensils, *wooden bowls*, *butter-moulds* and *butter-pattens*, and *scadders* for washing the utensils, comprising pretty nearly everything.

2359. *Pails* are made of maple-wood or elm, and hooped, or of tin, mass or less ornamented. One is required for each cow.

2360. *The Hair-Sieve* is made of closely-twisted horse-hair, with a rim, through which the milk is strained to remove any hairs which may have dropped from the cow in milking.

2361. *Milk-Dishes* are shallow basins of glass, of glazed earthenware, or tin, about 16 inches in diameter at top, and 12 at the bottom, and 5 or 6 inches deep, holding about 8 to 10 quarts each when full.

2362. *Churns* are of all sorts and sizes, from that which churns 70 or 80 quibons by means of a strap from the engine, to the square box in which a pound of butter is made. The churn used for families is a square box, 18 inches by 13 or 13, and 17 deep, bevelled below to the plane of the *dashers*, with a loose lid or cover. The *dasher* consists of an axis of wood, to which the four beaters or fanners are attached; these fans are simply four pieces of elm strongly dovetailed together, forming an oblong square, with a space left open, two of the openings being left broader than the others; attached to an axle, they form an axis with four projecting blades; the axle fits into supports at the centre of the box, a handle is fitted to it, and the act of churning is done by turning the handle.



2363. Such is the temple in which the dairy-maid presides: it should be removed both from stable and cowhouse, and larder; no animal smells should come near it, and the drainage should be perfect.

2364. The dairy-maid receives the milk from the cowkeeper, each pail being strained through the hair sieve into one of the milk-basins. This is left in the basins from twenty-four to thirty-six hours in the summer, according to the weather; after which it is skimmed off by means of the slicer, and poured into glazed earthenware jars to "turn" for churning. Some persons prefer making up a separate churning for the milk of each cow; in which there is some advantage. In this case the basins of each cow, for two days, would either be kept together or labelled. As soon as emptied, the pails should be scalded and every particle of milk washed out, and placed away in a dry place till next required; and all milk spilt on the floor, or on the table or dresser, cleaned up with a cloth and hot water. Where very great attention is paid to the dairy, the milk-coolers are used larger in winter, when it is desirable to retard the cooling down and increase the creamy deposit, and smaller in summer, to hasten it; the temperature required being from 55° to 50°. In summer it is sometimes expedient, in very sultry weather, to keep the dairy fresh and cool by suspending cloths dipped in chloride of lime across the room.

2365. In some dairies it is usual to churn twice, and in others three times a week: the former produces the best butter, the other the greatest quantity. With three cows, the produce should be 27 to 30 quarts a day. The dairy-maid should churn every day when very hot, if they are in full milk, and every second day in more temperate weather; besides supplying the milk and cream required for a large establishment. The churning should always be done in the morning: the dairy-maid will find it advantageous in being at work on churning mornings by five o'clock. The operation occupies from 20 minutes to half an hour in summer, and considerably longer in winter. A steady uniform motion is necessary to produce sweet butter; neither too quick nor too slow. Rapid motion causes the cream to heave and swell, from too much air being forced into it: the result is a tedious churning, and soft, bad-coloured butter...

2366. In spring and summer, when the cow has her natural food, no artificial colour is required; but in winter, under stall-feeding, the colour is white and tallowy, and some persons prefer a higher colour. This is communicated by mixing a little finely-powdered annatto with the cream before putting it into the churn; a still more natural and delicate colour is communicated by scraping a red carrot into a clean piece of linen cloth, dipping it into water, and squeezing it into the cream.

2367. As soon as the butter comes, the milk is poured off, and the butter put into a shallow wooden tub or bowl, full of pure spring water, in which it is washed and kneaded, pouring off the water, and renewing it until it comes away perfectly free from milk. Imperfect washing is the frequent cause of bad butter, and in nothing is the skill of the dairy-maid tested more than in this process; moreover, it is one in which cleanliness of habits and person are most necessary. In this operation we want the aid of Phyllis's neat, soft, and perfectly clean hand; for no mechanical operation can so well squeeze out the sour particles of milk or curd.

2368. The operations of churning and butter-making over, the butter-milk is disposed of: usually, in England, it goes to the pigs; but it is a very wholesome beverage when fresh, and some persons like it; the disposal, therefore, will rest with the mistress: the dairy-maid's duty is to get rid of it. She must then scald with boiling water and scrub out every utensil she has used; brush out the churn, clean out the cream-jars, which will probably require the use of a little common soda to purify; wipe all dry, and place them in a position where the sun can reach them for a short time, to sweeten them:

2369. In Devonshire, celebrated for its dairy system, the milk is always scalded. The milk-pans, which are of tin, and contain from 10 to 12 quarts, after standing 10 or 12 hours, are placed on a hot plate of iron, over a stove, until the cream has formed on the surface, which is indicated by the air-bubbles rising through the milk, and producing blisters on the surface-coating of cream. This indicates its approach to the boiling point: and the vessel is now removed to cool. When sufficiently, that is, quite

cool, the cream is skimmed off with the sieve; it is now the clotted cream for which Devonshire is so famous. It is now placed in the churn, and churned until the butter comes, which it generally does in a much shorter time than by the other process. The butter so made contains more essence than butter made in the usual way, but does not keep so long.

2370. It is a question frequently discussed, how far it is economical for families to keep cows and make their own butter. It is calculated that a good cow costs from May 1 to October 1, when well but economically kept, £5. 16s. 6d.; and from October 1 to April 30, £10. 2s. 6d. During that time she should produce 227 lbs. of butter, besides the skimmed milk. Of course, if new milk and cream are required, that will diminish the quantity of butter.

2371. Besides churning and keeping her dairy in order, the dairy-maid has charge of the whole produce, handing it over to the cook, butler, or house-maid as required; and she will do well to keep an exact account both of what she receives and how and when she disposes of it.

DUTIES OF THE LAUNDRY-MAID.

2372. THE laundry-maid is charged with the duty of washing and getting-up the family linen,—a situation of great importance where the washing is all done at home; but in large towns, where there is little convenience for bleaching and drying, it is chiefly done by professional laundresses and companies, who apply mechanical and chemical processes to the purpose. These processes, however, are supposed to injure the fabric of the linen; and in many families the fine linen, cottons, and muslins, are washed and got-up at home, even where the bulk of the washing is given out. In country and suburban houses, where greater conveniences exist, washing at home is more common,—in country places universal.

2373. The laundry establishment consists of a washing-house, an ironing and drying-room, and sometimes a drying-closet heated by furnaces. The washing-house will probably be attached to the kitchen; but it is better that it should be completely detached from it, and of one story, with a funnel or shaft to carry off the steam. It will be of a size proportioned to the extent of the washing to be done. A range of tubs, either round or oblong, opposite to, and sloping towards, the light, narrower at the bottom than the top, for convenience in stooping over, and fixed at a height suited to the convenience of the women using them; each tub having a tap for hot and cold water, and another in the bottom, communicating with the drains, for drawing off foul water. A boiler and furnace, proportioned in size to the wants of the family, should also be fixed. The flooring should be York stone, laid on brick piers, with good drainage, or asphalt, sloping gently towards a gutter connected with the drain.

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2374. Adjoining the bleaching-house, a second room, about the same size, is required for ironing, drying, and mangling. The contents of this room should comprise an ironing-board, opposite to the light; a strong white deal table, about twelve or fourteen feet long, and about three and a half feet broad, with drawers for ironing-blankets; a mangle in one corner, and clothes-horses for drying and airing; cupboards for holding the various irons, starch, and other articles used in ironing; a hot-plate built in the chimney, with furnace beneath it for heating the irons; sometimes arranged with a flue for carrying the hot air round the room for drying. Where this is the case, however, there should be a funnel in the ceiling for ventilation and carrying off steam; but a better arrangement is to have a hot-air closet adjoining, heated by hot-air pipes, and lined with iron, with proper arrangements for carrying off steam, and clothes-horses on castors running in grooves, to run into it for drying purposes. This leaves the laundry free from unwholesome vapour.

2375. The laundry-maid should commence her labours on Monday morning by a careful examination of the articles committed to her care, and enter them in the washing-book; separating the white linen and collars, sheets and body-linen, into one heap, fine muslins into another, coloured cotton and linen fabrics into a third, woollens into a fourth, and the coarser kitchen and other greasy cloths into a fifth. Every article should be examined for ink- or grease-spots, or for fruit- or wine-stains. Ink-spots are removed by dipping the part into hot water, and then spreading it smoothly on the hand or on the back of a spoon, pouring a few drops of oxalic acid or salts of sorel over the ink-spot, rubbing and rinsing it in cold water till removed; grease-spots, by rubbing over with yellow soap, and rinsing in hot water; fruit- and wine-spots, by dipping in a solution of sal ammonia or spirits of wine, and rinsing.

2376. Every article having been examined and assorted, the sheets and fine linen should be placed in one of the tubs and just covered with lukewarm water, in which a little soda has been dissolved and mixed, and left there to soak till the morning. The greasy cloths and dirtier things should be laid to soak in another tub, in a liquor composed of $\frac{1}{2}$ lb. of unslaked lime to every 6 quarts of water which has been boiled for two hours, then left to settle, and strained off when clear. Each article should be rinsed in this liquor to wet it thoroughly, and left to soak till the morning, just covered by it when the things are pressed together. Coppers and boilers should now be filled, and the fires laid ready to light.

2377. Early on the following morning the fires should be lighted, and as soon as hot water can be procured, washing commenced; the sheets and body-linen being wanted to whiten in the morning, should be taken first; each article being removed in succession from the lye in which it has been soaking, rinsed, rubbed, and wrung, and laid aside until the tub is empty, when the foul water is drawn off. The tub should be again filled with lukewarm water, about 80°, in which the articles should again be plunged, and

each gone over carefully with soap, and rubbed. Novices in the art sometimes rub the linen against the skin; more experienced washerwomen rub one linen surface against the other, which saves their hands, and enables them to continue their labour much longer, besides economizing time, two parts being thus cleaned at once.

2378. After this first washing, the linen should be put into a second water as hot as the hand can bear, and again rubbed over in every part, examining every part for spots not yet moved, which require to be again soaped over and rubbed till thoroughly clean; then rinsed and wrung, the larger and stronger articles by two of the women; the smaller and more delicate articles requiring gentler treatment.

2379. In order to remove every particle of soap, and produce a good colour, they should now be placed, and boiled for about an hour and a half in the copper, in which soda, in the proportion of a teaspoonful to every two gallons of water, has been dissolved. Some very careful laundresses put the linen into a canvas bag to protect it from the scum and the sides of the copper. When taken out, it should again be rinsed, first in clean hot water, and then in abundance of cold water slightly tinged with fig-blue, and again wrung dry. It should now be removed from the washing-house and hung up to dry or spread out to bleach, if there are conveniences for it; and the earlier in the day this is done, the clearer and whiter will be the linen.

2380. Coloured muslins, cottons, and linens, require a milder treatment; any application of soda will discharge the colour, and soaking all night, even in pure water, deteriorates the more delicate tints. When ready for washing, if not too dirty, they should be put into cold water and washed very speedily, using the common yellow soap, which should be rinsed off immediately. One article should be washed at a time, and rinsed out immediately before any others are wetted. When washed thoroughly, they should be rinsed in succession in soft water, in which common salt has been dissolved, in the proportion of a handful to three or four gallons, and afterwards wrung gently, as soon as rinsed, with as little twisting as possible, and then hung out to dry. Delicate-coloured articles should not be exposed to the sun, but dried in the shade, using clean lines and wooden pegs.

2381. Woollen articles are liable to shrink, unless the flannel has been well shrunk before making up. This liability is increased where very hot water is used: cold water would thus be the best to wash woollens in; but, as this would not remove the dirt, lukewarm water, about 85°, and yellow soap, are recommended. When thoroughly washed in this, they require a good deal of rinsing in cold water, to remove the soap.

2382. Greasy cloths, which have soaked all night in the liquid described, should be now washed out with soap-and-water as hot as the hands can bear,

first in one water, and rinsed out in a second; and afterwards boiled for two hours in water in which a little soda is dissolved. When taken out, they should be rinsed in cold water, and laid out or hung up to dry.

2383. Silk handkerchiefs require to be washed alone. When they contain snuff, they should be soaked by themselves in lukewarm water two or three hours; they should be rinsed out and put to soak with the others in cold water for an hour or two; then washed in lukewarm water, being soaped as they are washed. If this does not remove all stains, they should be washed a second time in similar water, and, when finished, rinsed in soft water in which a handful of common salt has been dissolved. In washing stuff or woollen dresses, the band at the waist and the lining at the bottom should be removed, and wherever it is gathered into folds; and, in furniture, the hems and gatherings. A black silk dress, if very dirty, must be washed; but, if only soiled, soaking for four-and-twenty hours will do; if old and rusty, a pint of common spirits should be mixed with each gallon of water, which is an improvement under any circumstances. Whether soaked or washed, it should be hung up to drain, and dried without wringing.

2384. Satin and silk ribbons, both white and coloured, may be cleaned in the same manner.

2385. Silks, when washed, should be dried in the shade, on a linen-horse, taking care that they are kept smooth and unwrinkled. If black or blue, they will be improved if laid again on the table, when dry, and sponged with gin, or whiskey, or other white spirit.

2386. The operations should be concluded by rinsing the tubs, cleaning the coppers, scrubbing the floors of the washing-house, and restoring everything to order and cleanliness.

2387. Thursday and Friday, in a laundry in full employ, are usually devoted to mangling, starching, and ironing.

2388. Linen, cotton, and other fabrics, after being washed and dried, are made smooth and glossy by mangling and by ironing. The mangling process, which is simply passing them between rollers subjected to a very considerable pressure, produced by weight, is confined to sheets, towels, table-linen, and similar articles, which are without folds or plaits. Ironing is necessary to smooth body-linen, and made-up articles of delicate texture or gathered into folds. The mangle is too well known to need description.

2389. *Ironing.*—The irons consist of the common flat-iron, which is of different sizes, varying from 4 to 10 inches in length, triangular in form, and from 2½ to 4½ inches in width at the broad end; the oval iron, which is used for more delicate articles; and the box-iron, which is hollow, and heated by a red-hot iron inserted into the box. The Italian iron is a hollow tube, smooth on the outside, and raised on a slender pedestal with a footstalk. Into the hollow cylinder a red-hot iron is pushed, which heats it; and

the smooth outside of the latter is used, on which articles such as frills, and plaited articles, are drawn. Crimping- and gauffering-machines are used for a kind of plaiting where much regularity is required, the articles being passed through two iron rollers fluted so as to represent the kind of plait or fold required.

2390. Starching is a process by which stiffness is communicated to certain parts of linen, as the collar and front of shirts, by dipping them in a paste made of starch boiled in water, mixed with a little gum Arabic, where extra stiffness is required.

To make Starch.

2391. **INGREDIENTS.**—Allow $\frac{1}{2}$ pint of cold water and 1 quart of boiling water to every 2 tablespoonfuls of starch.

Mode.—Put the starch into a tolerably large basin; pour over it the cold water, and stir the mixture well with a wooden spoon until it is perfectly free from lumps, and quite smooth. Then take the basin to the fire, and whilst the water is *actually boiling* in the kettle or boiler, pour it over the starch, stirring it the whole time. If made properly in this manner, the starch will require no further boiling; but should the water not be boiling when added to the starch, it will not thicken, and must be put into a clean saucepan, and stirred over the fire until it boils. Take it off the fire, strain it into a clean basin, cover it up to prevent a skin forming on the top, and, when sufficiently cool that the hand may be borne in it, starch the things. Many persons, to give a shiny and smooth appearance to the linen when ironed, stir round two or three times in the starch a piece of wax candle, which also prevents the iron from sticking.

2392. When the “things to be starched” are washed, dried, and taken off the lines, they should be dipped into the hot starch made as directed, squeezed out of it, and then just dipped into cold water, and immediately squeezed dry. If fine things be wrung, or roughly used, they are very liable to tear; so too much care cannot be exercised in this respect. If the article is lace, clap it between the hands a few times, which will assist to clear it; then have ready laid out on the table a large clean towel or cloth; shake out the starched things, lay them on the cloth, and roll it up tightly, and let it remain for three or fours, when the things will be ready to iron.

2393. To be able to iron properly requires much practice and experience. Strict cleanliness with all the ironing utensils must be observed, as, if this is not the case, not the most expert ironer will be able to make her things look clear and free from smears, &c. After wiping down her ironing-table, the laundry-maid should place a coarse cloth on it, and over that the ironing-blanket, with her stand and iron-rubber; and having ascertained that her irons are quite clean and of the right heat, she proceeds with her work.

2394. It is a good plan to try the heat of the iron on a coarse cloth or apron before ironing anything fine: there is then no danger of scorching. For ironing fine things, such as collars, cuffs, muslins, and laces, there is nothing

so clean and nice to use as the box-iron ; the bottom being bright, and never placed near the fire, it is always perfectly clean ; it should, however, be kept in a dry place, for fear of its rusting. Gauffering-tongs or irons must be placed in a clear fire for a minute, then withdrawn, wiped with a coarse rubber, and the heat of them tried on a piece of paper, as, unless great care is taken, these will very soon scorch.

2395. The skirts of muslin dresses should be ironed on a skirt-board covered with flannel, and the fronts of shirts on a smaller board, also covered with flannel ; this board being placed between the back and front.

2396. After things are mangled, they should also be ironed in the folds and gathers ; dinner-napkins smoothed over, as also table-cloths, pillow-cases, and sometimes sheets. The bands of flannel petticoats, and shoulder-straps to flannel waistcoats, must also undergo the same process.

UPPER AND UNDER NURSEMAIDS.

2397. THE nursery is of great importance in every family, and in families of distinction, where there are several young children, it is an establishment kept apart from the rest of the family, under the charge of an upper nurse, assisted by under nursery-maids proportioned to the work to be done. The responsible duties of upper nursemaid commence with the weaning of the child : it must now be separated from the mother or wet-nurse, at least for a time, and the cares of the nursemaid, which have hitherto been only occasionally put in requisition, are now to be entirely devoted to the infant. She washes, dresses, and feeds it ; walks out with it, and regulates all its little wants ; and, even at this early age, many good qualities are required to do so in a satisfactory manner. Patience and good temper are indispensable qualities ; truthfulness, purity of manners, minute cleanliness, and docility and obedience, almost equally so. She ought also to be acquainted with the art of ironing and trimming little caps, and be handy with her needle.

2398. There is a considerable art in carrying an infant comfortably for itself and for the nursemaid. If she carry it always seated upright on her arm, and presses it too closely against her chest, the stomach of the child is apt to get compressed, and the back fatigued. For her own comfort, a good nurse will frequently vary this position, by changing from one arm to the other, and sometimes by laying it across both, raising the head a little. When teaching it to walk, and guiding it by the hand, she should change th: hand from time to time, so as to avoid raising one shoulder higher than the other. This is the only way in which a child should be taught to walk ; leading-strings and other foolish inventions, which force an infant to make efforts, with its shoulders and head forward, before it knows how to use its limbs, will only render it feeble, and retard its progress.

2399. Most children have some bad habit, of which they must be broken ; but this is never accomplished by harshness without developing worse evils : kindness, perseverance, and patience in the nurse, are here of the utmost importance. When finger-sucking is one of these habits, the fingers are sometimes rubbed with bitter aloes, or some equally disagreeable substance. Others have dirty habits, which are only to be changed by patience,

perseverance, and, above all, by regularity in the nurse. She should never be permitted to inflict punishment on these occasions, or, indeed, on any occasion. But, if punishment is to be avoided, it is still more necessary that all kinds of indulgences and flattery be equally forbidden. Yielding to all the whims of a child,—picking up its toys when thrown away in mere wantonness, would be intolerable. A child should never be led to think others inferior to it, to beat a dog, or even the stone against which it falls, as some children are taught to do by silly nurses. Neither should the nurse affect or show alarm at any of the little accidents which must inevitably happen: if it falls, treat it as a trifle; otherwise she encourages a spirit of cowardice and timidity. But she will take care that such accidents are not of frequent occurrence, or the result of neglect.

2400. The nurse should keep the child as clean as possible, and particularly she should train it to habits of cleanliness, so that it should feel uncomfortable when otherwise; watching especially that it does not soil itself in eating. At the same time, vanity in its personal appearance is not to be encouraged by over-care in this respect, or by too tight lacing or buttoning of dresses, nor a small foot cultivated by the use of tight shoes.

2401. Nursemaids would do well to repeat to the parents faithfully and truly the defects they observe in the dispositions of very young children. If properly checked in time, evil propensities may be eradicated; but this should not extend to anything but serious defects; otherwise, the intuitive perceptions which all children possess will construe the act into "spying" and "informing," which should never be resorted to in the case of children, nor, indeed, in any case.

2402. Such are the cares which devolve upon the nursemaid, and it is her duty to fulfil them personally. In large establishments she will have assistants proportioned to the number of children of which she has the care. The under nursemaid lights the fires, sweeps, scours, and dusts the rooms, and makes the beds; empties slops, and carries up water; brings up and removes the nursery meals; washes and dresses all the children, except the infant, and assists in mending. Where there is a nursery girl to assist, she does the rougher part of the cleaning; and all take their meals in the nursery together, after the children of the family have done.

2403. In smaller families, where there is only one nursemaid kept, she is assisted by the housemaid, or servant-of-all-work, who will do the rougher part of the work, and carry up the nursery meals. In such circumstances she will be more immediately under the eye of her mistress, who will probably relieve her from some of the cares of the infant. In higher families, the upper nurse is usually permitted to sup or dine occasionally at the housekeeper's table by way of relaxation, when the children are all well, and her subordinates trustworthy.

2404. Where the nurse has the entire charge of the nursery, and the mother is too much occupied to do more than pay a daily visit to it, it is desirable that she be a person of observation, and possess some acquaintance with the diseases incident to childhood, as also with such simple remedies as may be useful before a medical attendant can be procured, or where such attendance is not considered necessary. All these little ailments are preceded by symptoms so minute as to be only perceptible to close observation; such as twitching of the brows, restless sleep, grinding the gums, and, in some inflammatory diseases, even to the child abstaining from crying, from fear of the increased pain produced by the movement. Dentition, or cutting the teeth, is attended

with many of these symptoms. Measles, thrush, scarlatina, croup, whooping-cough, and other childish complaints, are all preceded by well-known symptoms, which may be alleviated and rendered less virulent by simple remedies instantaneously applied.

2405. *Dentition* is usually the first serious trouble, bringing many other disorders in its train. The symptoms are most perceptible to the mother: the child sucks feebly, and with gums hot, inflamed, and swollen. In this case, relief is yielded by rubbing them from time to time with a little of Mrs. Johnson's soothing syrup, a valuable and perfectly safe medicine. Selfish and thoughtless nurses, and mothers too, sometimes give cordials and sleeping-draughts, whose effects are too well known.

2406. *Convulsion Fits* sometimes follow the feverish restlessness produced by these causes; in which case a hot bath should be administered without delay, and the lower parts of the body rubbed, the bath being as hot as it can be without scalding the tender skin; at the same time, the doctor should be sent for immediately, for no nurse should administer medicine in this case, unless the fits have been repeated and the doctor has left directions with her how to act.

2407. *Croup* is one of the most alarming diseases of childhood; it is accompanied with a hoarse, croaking, ringing cough, and comes on very suddenly, and most so in strong, robust children. A very hot bath should be instantly administered, followed by an emetic, either in the form of tartar-emetic, croup-powder, or a teaspoonful of ipecacuhana, wrapping the body warmly up in flannel after the bath. The slightest delay in administering the bath, or the emetic, may be fatal; hence, the importance of nurses about very young children being acquainted with the symptoms.

2408. *Whooping-Cough* is generally preceded by the moaning noise during sleep, which even adults threatened with the disorder cannot avoid: it is followed by violent fits of coughing, which little can be done to relieve. A child attacked by this disorder should be kept as much as possible in the fresh, pure air, but out of draughts, and kept warm, and supplied with plenty of nourishing food. Many fatal diseases flow from this scourge of childhood, and a change to purer air, if possible, should follow convalescence.

2409. *Worms* are the torment of some children: the symptoms are, an unnatural craving for food, even after a full meal; costiveness, suddenly followed by the reverse; fetid breath, a livid circle under the eyes, enlarged abdomen, and picking the nose; for which the remedies must be prescribed by the doctor.

2410. *Measles* and *Scarlatina* much resemble each other in their early stages: headache, restlessness, and fretfulness are the symptoms of both.

Shivering fits, succeeded by a hot skin ; pains in the back and limbs, accompanied by sickness, and, in severe cases, sore throat ; pain about the jaws, difficulty in swallowing, running at the eyes, which become red and inflamed, while the face is hot and flushed, often distinguish scarlatina and scarlet fever, of which it is only a mild form.

2411. While the case is doubtful, a dessert-spoonful of spirit of nitre diluted in water, given at bedtime, will throw the child into a gentle perspiration, and will bring out the rash in either case. In measles, this appears first on the face ; in scarlatina, on the chest ; and in both cases a doctor should be called in. In scarlatina, tartar-emetic powder or ipecacuhana may be administered in the mean time.

2412. In all cases, cleanliness, fresh air, clean utensils, and frequent washing of the person, both of nurse and children, are even more necessary in the nursery than in either drawing-room or sick-room, inasmuch as the delicate organs of childhood are more susceptible of injury from smells and vapours than adults.

2413. It may not be out of place if we conclude this brief notice of the duties of a nursemaid, by an extract from Florence Nightingale's admirable "Notes on Nursing." Referring to children, she says :—

2414. "They are much more susceptible than grown people to all noxious influences. They are affected by the same things, but much more quickly and seriously ; by want of fresh air, of proper warmth ; want of cleanliness in house, clothes, bedding, or body ; by improper food, want of punctuality, by dulness, by want of light, by too much or too little covering in bed or when up." And all this in health ; and then she quotes a passage from a lecture on sudden deaths in infancy, to show the importance of careful nursing of children :—"In the great majority of instances, when death suddenly befalls the infant or young child, it is an *accident* ; it is not a necessary, inevitable result of any disease. That which is known to injure children most seriously is foul air ; keeping the rooms where they sleep closely shut up is destruction to them ; and, if the child's breathing be disordered by disease, a few hours only of such foul air may endanger its life, even where no inconvenience is felt by grown-up persons in the room."

2415. Persons moving in the best society will see, after perusing Miss Nightingale's book, that this "foul air," "want of light," "too much or too little clothing," and improper food, is not confined to Crown Street or St. Giles's ; that Belgravia and the squares have their north room, where the rays of the sun never reach. "A wooden bedstead, two or three mattresses piled up to above the height of the table, a valance attached to the frame,—nothing but a miracle could ever thoroughly dry or air such a bed and bedding,"—is the ordinary bed of a private house, than which nothing can be more unwholesome. "Don't treat your children like sick," she sums up ; "don't dose them with tea. Let them eat meat and drink milk, or half a glass of light beer. Give them fresh, light, sunny, and open rooms, cool bedrooms, plenty of outdoor exercise, facing even the cold, and wind, and weather, in sufficiently warm clothes, and with sufficient exercise, plenty of amusements and play ; more liberty, and less schooling, and cramming, and training ; more attention to food and less to physic."

DUTIES OF THE SICK-NURSE.

2416. ALL women are likely, at some period of their lives, to be called on to perform the duties of a sick-nurse, and should prepare themselves as much as possible, by observation and reading, for the occasion when they may be required to perform the office. The main requirements are good temper, compassion for suffering, sympathy with sufferers, which most women worthy of the name possess, neat-handedness, quiet manners, love of order, and cleanliness. With these qualifications there will be very little to be wished for; the desire to relieve suffering will inspire a thousand little attentions, and surmount the disgusts which some of the offices attending the sick-room are apt to create. Where serious illness visits a household, and protracted nursing is likely to become necessary, a professional nurse will probably be engaged, who has been trained to its duties; but in some families, and those not a few let us hope, the ladies of the family would oppose such an arrangement as a failure of duty on their part. There is, besides, even when a professional nurse is ultimately called in, a period of doubt and hesitation, while disease has not yet developed itself, when the patient must be attended to; and, in these cases, some of the female servants of the establishment must give their attendance in the sick-room. There are, also, slight attacks of cold, influenza, and accidents in a thousand forms, to which all are subject, where domestic nursing becomes a necessity; where disease, though unattended with danger, is nevertheless accompanied by the nervous irritation incident to illness, and when all the attention of the domestic nurse becomes necessary.

2417. In the first stage of sickness, while doubt and a little perplexity hang over the household as to the nature of the sickness, there are some things about which no doubt can exist: the patient's room must be kept in a perfectly pure state, and arrangements made for proper attendance; for the first canon of nursing, according to Florence Nightingale, its apostle, is to "keep the air the patient breathes as pure as the external air, without chilling him." This can be done without any preparation which might alarm the patient; with proper windows, open fireplaces, and a supply of fuel, the room may be as fresh as it is outside, and kept at a temperature suitable for the patient's state.

2418. Windows, however, must be opened from above, and not from below, and draughts avoided; cool air admitted beneath the patient's head chills the lower strata and the floor. The careful nurse will keep the door shut when the window is open; she will also take care that the patient is not placed between the door and the open window, nor between the open fireplace and the window. If confined to bed, she will see that the bed is placed in a thoroughly ventilated part of the room, but out of the current of air which is produced by the momentary opening of doors, as well as out of the line of

draught between the window and the open chimney, and that the temperature of the room is kept about 64°. Where it is necessary to admit air by the door, the windows should be closed; but there are few circumstances in which good air can be obtained through the chamber-door; through it, on the contrary, the gases generated in the lower parts of the house are likely to be drawn into the invalid chamber.

2419. These precautions taken, and plain nourishing diet, such as the patient desires, furnished, probably little more can be done, unless more serious symptoms present themselves; in which case medical advice will be sought.

2420. Under no circumstances is ventilation of the sick-room so essential as in cases of febrile diseases, usually considered infectious; such as typhus and puerperal fever, influenza, hooping-cough, small- and chicken-pox, scarlet fever, measles, and erysipelas: all these are considered communicable through the air; but there is little danger of infection being thus communicated, provided the room is kept thoroughly ventilated. On the contrary, if this essential be neglected, the power of infection is greatly increased and concentrated in the confined and impure air; it settles upon the clothes of the attendants and visitors, especially where they are of wool, and is frequently communicated to other families in this manner.

2421. Under all circumstances, therefore, the sick-room should be kept as fresh and sweet as the open air, while the temperature is kept up by artificial heat, taking care that the fire burns clear, and gives out no smoke into the room; that the room is perfectly clean, wiped over with a damp cloth every day, if boarded; and swept, after sprinkling with damp tea-leaves, or other aromatic leaves, if carpeted; that all utensils are emptied and cleaned as soon as used, and not once in four-and-twenty hours, as is sometimes done. "A slop-pail," Miss Nightingale says, "should never enter a sick-room; everything should be carried direct to the water-closet, emptied there, and brought up clean; in the best hospitals the slop-pail is unknown." "I do not approve," says Miss Nightingale, "of making housemaids or nurses, —that would be waste of means; but I have seen surgical sisters, women whose hands were worth to them two or three guineas a week, down on their knees, scouring a room or hut, because they thought it was not fit for their patients: these women had the true nurse spirit."

2422. Bad smells are sometimes met by sprinkling a little liquid chloride of lime on the floor; fumigation by burning pastiles is also a common expedient for the purification of the sick-room. They are useful, but only in the sense hinted at by the medical lecturer, who commenced his lecture thus:—"Fumigations, gentlemen, are of essential importance; they make so abominable a smell, that they compel you to open the windows and admit fresh air." In this sense they are useful, but ineffectual unless the cause be removed, and fresh air admitted.

2423. The sick-room should be quiet ; no talking, no gossiping, and, above all, no whispering,—this is absolute cruelty to the patient ; he thinks his complaint the subject, and strains his ear painfully to catch the sound. No rustling of dresses, nor creaking shoes either ; where the carpets are taken up, the nurse should wear list shoes, or some other noiseless material, and her dress should be of soft material that does not rustle. Miss Nightingale denounces erinoline, and quotes Lord Melbourne on the subject of women in the sick-room, who said, "I would rather have men about me, when ill, than women ; it requires very strong health to put up with women." Ungrateful man ! but absolute quiet is necessary in the sick-room.

2424. Never let the patient be waked out of his first sleep by noise, never roused by anything like a surprise. Always sit in the apartment, so that the patient has you in view, and that it is not necessary for him to turn in speaking to you. Never keep a patient standing ; never speak to one while moving. Never lean on the sick-bed. Above all, be calm and decisive with the patient, and prevent all noises over-head.

2425. A careful nurse, when a patient leaves his bed, will open the sheets wide, and throw the clothes back so as thoroughly to air the bed. She will avoid drying or airing anything damp in the sick-room.

2426. "It is another fallacy," says Florence Nightingale, "to suppose that night air is injurious ; a great authority told me that, in London, the air is never so good as after ten o'clock, when smoke has diminished ; but then it must be air from without, not within, and not air vitiated by gaseous airs." "A great fallacy prevails also," she says, in another section, "about flowers poisoning the air of the sick-room : no one ever saw them over-crowding the sick-room ; but, if they did, they actually absorb carbonic acid and give off oxygen." Cut flowers also decompose water, and produce oxygen gas. Lilies, and some other very odorous plants, may perhaps give out smells unsuited to a close room, while the atmosphere of the sick-room should always be fresh and natural.

2427. "Patients," says Miss Nightingale, "are sometimes starved in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food. A spoonful of beef-tea, or arrowroot and wine, or some other light nourishing diet, should be given every hour, for the patient's stomach will reject large supplies. In very weak patients there is often a nervous difficulty in swallowing, which is much increased if food is not ready and presented at the moment when it is wanted : the nurse should be able to discriminate, and know when this moment is approaching."

2428. Diet suitable for patients will depend, in some degree, on their natural likes and dislikes, which the nurse will do well to acquaint herself with. Beef-tea is useful and relishing, but possesses little nourishment ; when evaporated, it presents a teaspoonful of solid meat to a pint of water. Eggs

are not equivalent to the same weight of meat. Arrowroot is less nourishing than flour. Butter is the lightest and most digestible kind of fat. Cream, in some diseases, cannot be replaced. But, to sum up with some of Miss Nightingale's useful maxims :—Observation is the nurse's best guide, and the patient's appetite the rule. Half a pint of milk is equal to a quarter of a pound of meat. Beef-tea is the least nourishing food administered to the sick ; and tea and coffee, she thinks, are both too much excluded from the sick-room.

THE MONTHLY NURSE.

2429. THE choice of a monthly nurse is of the utmost importance ; and in the case of a young mother with her first child, it would be well for her to seek advice and counsel from her more experienced relatives in this matter. In the first place, the engaging a monthly nurse in good time is of the utmost importance, as, if she be competent and clever, her services will be sought months beforehand ; a good nurse having seldom much of her time disengaged. There are some qualifications which it is evident the nurse should possess : she should be scrupulously clean and tidy in her person ; honest, sober, and noiseless in her movements ; should possess a natural love for children, and have a strong nerve in case of emergencies. Snuff-taking and spirit-drinking must not be included in her habits ; but these are happily much less frequent than they were in former days.

2430. Receiving, as she often will, instructions from the doctor, she should bear these in mind, and carefully carry them out. In those instances where she does not feel herself sufficiently informed, she should ask advice from the medical man, and not take upon herself to administer medicines, &c., without his knowledge.

2431. A monthly nurse should be between 30 and 50 years of age, sufficiently old to have had a little experience, and yet not too old or infirm to be able to perform various duties requiring strength and bodily vigour. She should be able to wake the moment she is called,—at any hour of the night, that the mother or child may have their wants immediately attended to. Good temper, united to a kind and gentle disposition, is indispensable ; and, although the nurse will frequently have much to endure from the whims and caprices of the invalid, she should make allowances for these, and command her temper, at the same time exerting her authority when it is necessary.

2432. What the nurse has to do in the way of cleaning and dusting her lady's room, depends entirely on the establishment that is kept. Where there are plenty of servants, the nurse, of course, has nothing whatever to do but attend on her patient, and ring the bell for anything she may require. Where the number of domestics is limited, she should not mind keeping her room in order ; that is to say, sweeping and dusting it every morning. If

fires be necessary, the housemaid should always clean the grate, and do all that is wanted in that way, as this, being rather dirty work, would soil the nurse's dress, and unfit her to approach the bed, or take the infant without soiling its clothes. In small establishments, too, the nurse should herself fetch things she may require, and not ring every time she wants anything; and she must, of course, not leave her invalid unless she sees everything is comfortable; and then only for a few minutes. When down stairs, and in company with the other servants, the nurse should not repeat what she may have heard in her lady's room, as much mischief may be done by a gossiping nurse. As in most houses the monthly nurse is usually sent for a few days before her services may be required, she should see that all is in readiness; that there be no bustle and hurry at the time the confinement takes place. She should keep two pairs of sheets thoroughly aired, as well as night-dresses, flannels, &c. &c. All the things which will be required to dress the baby the first time should be laid in the basket in readiness, in the order in which they are to be put on; as well as scissors, thread, a few pieces of soft linen rag, and two or three flannel squares. If a berceanette is to be used immediately, the nurse should ascertain that the mattresses, pillow, &c. are all well aired; and if not already done before she arrives, she should assist in covering and trimming it, ready for the little occupant. A monthly nurse should be handy at her needle, as, if she is in the house some time before the baby is born, she will require some work of this sort to occupy her time. She should also understand the making-up of little caps, although we can scarcely say this is one of the nurse's duties. As most children wear no caps, except out of doors, her powers in this way will not be much taxed.

2433. A nurse should endeavour to make her room as cheerful as possible, and always keep it clean and tidy. She should empty the chamber utensils as soon as used, and on no account put things under the bed. Soiled baby's napkins should be rolled up and put into a pan, when they should be washed out every morning, and hung out to dry: they are then in a fit state to send to the laundress; and should, on no account, be left dirty, but done every morning in this way. The bedroom should be kept rather dark, particularly for the first week or ten days; of a regular temperature, and as free as possible from draughts, at the same time well ventilated and free from unpleasant smells.

2434. The infant during the month must not be exposed to strong light, or much air; and in carrying it about the passages, stairs, &c., the nurse should always have its head-flannel on, to protect the eyes and ears from the currents of air. For the management of children, we must refer our readers to the following chapters; and we need only say, in conclusion, that a good nurse should understand the symptoms of various ills incident to this period, as, in all cases, prevention is better than cure. As young mothers with their first baby are very often much troubled at first with their breasts, the nurse should understand the art of emptying them by suction, or some other contrivance. If the breasts are kept well drawn, there will be but little danger of inflam-

mation; and as the infant at first cannot take all that is necessary, something must be done to keep the inflammation down. This is one of the greatest difficulties a nurse has to contend with, and we can only advise her to be very persevering, to rub the breasts well, and to let the infant suck as soon and as often as possible, until they get in proper order.

THE WET-NURSE.

2435. We are aware that, according to the opinion of some ladies, there is no domestic theme, during a certain period of their married lives, more fraught with vexation and disquietude than that ever-fertile source of annoyance, "the Nurse;" but, as we believe, there are thousands of excellent wives and mothers who pass through life without even a temporary embargo in the kitchen, or suffering a state of moral hectic the whole time of a nurse's empire in the nursery or bedroom. Our own experience goes to prove, that although many unqualified persons palm themselves off on ladies as fully competent for the duties they so rashly and dishonestly undertake to perform, and thus expose themselves to ill-will and merited censure, there are still very many fully equal to the legitimate exercise of what they undertake; and if they do not in every case give entire satisfaction, some of the fault,—and sometimes a great deal of it,—may be honestly placed to the account of the ladies themselves, who, in many instances, are so impressed with the propriety of their own method of performing everything, as to insist upon the adoption of *their* system in preference to that of the nurse, whose plan is probably based on a comprehensive forethought, and rendered perfect in all its details by an ample experience.

2436. In all our remarks on this subject, we should remember with gentleness the order of society from which our nurses are drawn; and that those who make their duty a study, and are termed professional nurses, have much to endure from the caprice and egotism of their employers; while others are driven to the occupation from the laudable motive of feeding their own children, and who, in fulfilling that object, are too often both selfish and sensual, performing, without further interest than is consistent with their own advantage, the routine of customary duties.

2437. Properly speaking, there are two nurses,—the nurse for the mother and the nurse for the child, or, the monthly and the wet nurse. Of the former we have already spoken, and will now proceed to describe the duties of the latter, and add some suggestions as to her age, physical health, and moral conduct, subjects of the utmost importance as far as the charge intrusted to her is concerned, and therefore demanding some special remarks.

2438. When from illness, suppression of the milk, accident, or some natural process, the mother is deprived of the pleasure of rearing her infant, it

becomes necessary at once to look around for a fitting substitute, so that the child may not suffer, by any needless delay, a physical loss by the deprivation of its natural food. The first consideration should be as regards age, state of health, and temper.

2439. The age, if possible, should not be less than twenty nor exceed thirty years, with the health sound in every respect, and the body free from all eruptive disease or local blemish. The best evidence of a sound state of health will be found in the woman's clear open countenance, the ruddy tone of the skin, the full, round, and elastic state of the breasts, and especially in the erectile, firm condition of the nipple, which, in all unhealthy states of the body, is pendulous, flabby, and relaxed; in which case, the milk is sure to be imperfect in its organization, and, consequently, deficient in its nutrient qualities. Appetite is another indication of health in the suckling nurse or mother; for it is impossible a woman can feed her child without having a corresponding appetite; and though inordinate craving for food is neither desirable nor necessary, a natural vigour should be experienced at meal-times, and the food taken should be anticipated and enjoyed.

2440. Besides her health, the moral state of the nurse is to be taken into account, or that mental discipline or principle of conduct which would deter the nurse from at any time gratifying her own pleasures and appetites at the cost or suffering of her infant charge.

2441. The conscientiousness and good faith that would prevent a nurse so acting are, unfortunately, very rare; and many nurses, rather than forego the enjoyment of a favourite dish, though morally certain of the effect it will have on the child, will, on the first opportunity, feed with avidity on fried meats, cabbage, cucumbers, pickles, or other crude and injurious aliments, in defiance of all orders given, or confidence reposed in their word, good sense, and humanity. And when the infant is afterwards racked with pain, and a night of disquiet alarms the mother, the doctor is sent for, and the nurse, covering her dereliction by a falsehood, the consequence of her gluttony is treated as a disease, and the poor infant is dosed for some days with medicines, that can do it but little if any good, and, in all probability, materially retard its physical development. The selfish nurse, in her ignorance, believes, too, that as long as she experiences no admonitory symptoms herself, the child cannot suffer; and satisfied that, whatever is the cause of its screams and plunges, neither she, nor what she had eaten, had anything to do with it, with this flattering assurance at her heart, she watches her opportunity, and has another luxurious feast off the proscribed dainties, till the increasing disturbance in the child's health, or treachery from the kitchen, opens the eyes of mother and doctor to the nurse's unprincipled conduct. In all such cases the infant should be spared the infliction of medicine, and, as a wholesome corrective to herself, and relief to her charge, a good sound dose administered to the nurse.

2442. Respecting the diet of the wet-nurse, the first point of importance is to fix early and definite hours for every meal; and the mother should see that no cause is ever allowed to interfere with their punctuality. The food itself should be light, easy of digestion, and simple. Boiled or roast meat, with bread and potatoes, with occasionally a piece of sago, rice, or tapioca pudding, should constitute the dinner, the only meal that requires special comment; broths, green vegetables, and all acid or salt foods, must be avoided. Fresh fish, once or twice a week, may be taken; but it is hardly sufficiently nutritious to be often used as a meal. If the dinner is taken early,—at one o'clock,—there will be no occasion for luncheon, which too often, to the injury of the child, is made the cover for a first dinner. Half a pint of stout, with a Reading biscuit, at eleven o'clock, will be abundantly sufficient between breakfast at eight and a good dinner, with a pint of porter at one o'clock. About eight o'clock in the evening, half a pint of stout, with another biscuit, may be taken; and for supper, at ten or half-past, a pint of porter, with a slice of toast or a small amount of bread and cheese, may conclude the feeding for the day.

2443. Animal food once in twenty-four hours is quite sufficient. All spirits, unless in extreme cases, should be avoided; and wine is still more seldom needed. With a due quantity of plain digestible food, and the proportion of stout and porter ordered, with early hours and regularity, the nurse will not only be strong and healthy herself, but fully capable of rearing a child in health and strength. There are two points all mothers, who are obliged to employ wet-nurses, should remember, and be on their guard against. The first is, never to allow a nurse to give medicine to the infant on her own authority: many have such an infatuated idea of the *healing excellence* of castor-oil, that they would administer a dose of this disgusting grease twice a week, and think they had done a meritorious service to the child. The next point is, to watch carefully, lest, to insure a night's sleep for herself, she does not dose the infant with Godfrey's cordial, syrup of poppies, or some narcotic potion, to insure tranquillity to the one and give the opportunity of sleep to the other. The fact that scores of nurses keep secret bottles of these deadly syrups, for the purpose of stilling their charges, is notorious; and that many use them to a fearful extent, is sufficiently patent to all.

2444. It therefore behoves the mother, while obliged to trust to a nurse, to use her best discretion to guard her child from the unprincipled treatment of the person she must, to a certain extent, depend upon and trust; and to remember, in all cases, rather than resort to castor-oil or sedatives, to consult a medical man for her infant in preference to following the counsel of her nurse.



THE
REARING, MANAGEMENT, AND DISEASES OF
INFANCY AND CHILDHOOD.

CHAPTER XLII.

**Physiology of Life, as illustrated by Respiration, Circulation,
and Digestion.**

2445. THE infantine management of children, like the mother's love for her offspring, seems to be born with the child, and to be a direct intelligence of Nature. It may thus, at first sight, appear as inconsistent and presumptuous to tell a woman how to rear her infant as to instruct her in the manner of loving it. Yet, though Nature is unquestionably the best nurse, Art makes so admirable a foster-mother, that no sensible woman, in her novitiate of parent, would refuse the admonitions of art, or the teachings of experience, to consummate her duties of nurse. It is true that, in a civilized state of society, few young wives reach the epoch that makes them mothers without some insight, traditional or practical, into the management of infants: consequently, the cases wherein a woman is left to her own unaided intelligence, or what, in such a case, may be called instinct, and obliged to trust to the promptings of nature alone for the well-being of her child, are very rare indeed. Again, every woman is not gifted with the same physical ability for the harassing duties of a mother; and though Nature, as a general rule, has endowed all female creation with the attributes necessary to that most beautiful and, at the same time, holiest function,—the healthy rearing of their offspring,—the cases are sufficiently numerous to establish the exception, where the mother is either physically or socially incapacitated from undertaking these most pleasing duties herself, and where, consequently, she is compelled to trust to adventitious aid for those natural benefits which are at once the mother's pride and delight to render to her child.

2446. In these cases, when obliged to call in the services of hired assistance, she must trust the dearest obligation of her life to one who, from her social sphere, has probably notions of rearing children diametrically opposed to the preconceived ideas of the mother, and at enmity with all her sentiments of right and prejudices of position.

2447. It has justly been said—we think by Hood—that the children of the poor are not brought up, but *dragged up*. However facetious this remark may seem, there is much truth in it; and that children, reared in the reeking

dens of squalor and poverty, live at all, is an apparent anomaly in the course of things, that, at first sight, would seem to set the laws of sanitary provision at defiance, and make it appear a perfect waste of time to insist on pure air and exercise as indispensable necessities of life, and especially so as regards infantine existence.

2448. We see elaborate care bestowed on a family of children, everything studied that can tend to their personal comfort,—pure air, pure water, regular ablution, a dietary prescribed by art, and every precaution adopted that medical judgment and maternal love can dictate, for the well-being of the parents' hope; and find, in despite of all this care and vigilance, disease and death invading the guarded treasure. We turn to the foster and darkness that, in some obscure court, attend the robust brood; ~~while, coated in dirt, and with mud and refuse for playthings, live and thrive, and grow into manhood, and, in contrast to the pale face and flabby flesh of the aristocratic child, exhibit strength, vigour, and well-developed frames, and our belief in the potency of the life-giving elements of air, light, and cleanliness receives a shock that, at first sight, would appear fatal to the implied benefits of these, in reality, all-sufficient attributes of health and life.~~

2449. But as we must enter more largely on this subject hereafter, we shall leave its consideration for the present, and return to what we were about to say respecting trusting to others' aid in the rearing of children. Here it is that the young and probably inexperienced mother may find our remarks not only an assistance but a comfort to her, in as far as, knowing the simplest and best system to adopt, she may be able to instruct another, and see that her directions are fully carried out.

2450. The human body, materially considered, is a beautiful piece of mechanism, consisting of many parts, each one being the centre of a system, and performing its own vital function irrespectively of the others, and yet dependent for its vitality upon the harmony and health of the whole. It is, in fact, to a certain extent, like a watch, which, when once wound up and set in motion, will continue its function of recording true time only so long as every wheel, spring, and lever performs its allotted duty, and at its allotted time; or till the limit that man's ingenuity has placed to its existence as a moving automaton has been reached, or, in other words, till it has run down.

2451. What the key is to the mechanical watch, air is to the physical man. Once admit air into the mouth and nostrils, and the lungs expand, the heart beats, the blood rushes to the remotest part of the body, the mouth secretes saliva, to soften and macerate the food; the liver forms its bile, to separate the nutriment from the digested aliment; the kidneys perform their office; the eye elaborates its tears, to facilitate motion and impart that glistening to the orb on which depends so much of its beauty; and a dewy moisture exudes from the skin, protecting the body from the extremes of heat and cold, and

sharpening the perception of touch and feeling. At the same instant, and in every part, the arteries, like innumerable bees, are everywhere laying down layers of muscle, bones, teeth, and, in fact, like the coral zoophyte, building up a continent of life and matter; while the veins, equally busy, are carrying away the *débris* and refuse collected from where the zoophyte arteries are building,—this refuse, in its turn, being conveyed to the liver, there to be converted into bile.

2452. All these—and they are but a few of the vital actions constantly taking place—are the instant result of one gasp of life-giving air. No subject can be fraught with greater interest than watching the first spark of life, as it courses with electric speed “through all the gates and alleys” of the soft, insensate body of the infant. The effect of air on the new-born child is as remarkable in its results as it is wonderful in its consequence; but to understand this more intelligibly, it must first be remembered that life consists of the performance of *three* vital functions—RESPIRATION, CIRCULATION, and DIGESTION. The lungs digest the air, taking from it its most nutritious element, the *oxygen*, to give to the impoverished blood that circulates through them. The stomach digests the food, and separates the nutriment—*chyle*—from the aliment, which it gives to the blood for the development of the frame; and the blood, which is understood by the term circulation, digests in its passage through the lungs the nutriment—*chyle*—to give it quantity and quality, and the *oxygen* from the air to give it vitality. Hence it will be seen, that, speaking generally, the three vital functions resolve themselves into one,—DIGESTION; and that the lungs are the primary and the most important of the vital organs; and respiration, the first in fact, as we all know it is the last in deed, of all the functions performed by the living body.

The Lungs.—Respiration.

2453. The first effect of air on the infant is a slight tremor about the lips and angles of the mouth, increasing to twitchings, and finally to a convulsive contraction of the lips and cheeks, the consequence of sudden cold to the nerves of the face. This spasmodic action produces a gasp, causing the air to rush through the mouth and nostrils, and enter the windpipe and upper portion of the flat and contracted lungs, which, like a sponge partly immersed in water, immediately expand. This is succeeded by a few faint sobs or pants, by which larger volumes of air are drawn into the chest, till, after a few seconds, and when a greater bulk of the lungs has become inflated, the breast-bone and ribs rise, the chest expands, and, with a sudden start, the infant gives utterance to a succession of loud, sharp cries, which have the effect of filling every cell of the entire organ with air and life. To the anxious mother, the first voice of her child is, doubtless, the sweetest music she ever heard; and the more loudly it peals, the greater should be her joy, as it is an indication of health and strength, and not only shows the perfect expansion of the lungs, but that the process of life has set in with vigour. Having

welcomed in its own existence, like the morning bird, with a shrill note of gladness, the infant ceases its cry, and, after a few short sobs, usually subsides into sleep or quietude.

2454. At the same instant that the air rushes into the lungs, the valve, or door between the two sides of the heart—and through which the blood had previously passed—is closed and hermetically sealed, and the blood taking a new course, bounds into the lungs, now expanded with air, and which we have likened to a wetted sponge, to which they bear a not unapt affinity, air being substituted for water. It here receives the *oxygen* from the atmosphere, and the *chyle*, or white blood, from the digested food, and becomes, in an instant, arterial blood, a vital principle, from which every solid and fluid of the body is constructed. Besides the lungs, Nature has provided another respiratory organ, a sort of supplemental lung, that, as well as being a covering to the body, *inspires* air and *expire*s moisture;—this is the cuticle, or skin; and so intimate is the connection between the skin and lungs, that whatever injures the first, is certain to affect the latter.

2455. *Hence the difficulty of breathing experienced after scalds or burns on the cuticle, the cough that follows the absorption of cold or damp by the skin, the oppressed and laborious breathing experienced by children in all eruptive diseases, while the rash is coming to the surface, and the hot, dry skin that always attends congestion of the lungs, and fever.*

2456. The great practical advantage derivable from this fact is, the knowledge that whatever relieves the one benefits the other. Hence, too, the great utility of hot baths in all affections of the lungs or diseases of the skin; and the reason why exposure to cold or wet is, in nearly all cases, followed by tightness of the chest, sore throat, difficulty of breathing, and cough. These symptoms are the consequence of a larger quantity of blood than is natural remaining in the lungs, and the cough is a mere effort of Nature to throw off the obstruction caused by the presence of too much blood in the organ of respiration. The hot bath, by causing a larger amount of blood to rush suddenly to the skin, has the effect of relieving the lungs of their excess of blood, and by equalizing the circulation, and promoting perspiration from the cuticle, affords immediate and direct benefit, both to the lungs and the system at large.

The Stomach.—Digestion.

2457. The organs that either directly or indirectly contribute to the process of digestion are, the mouth, teeth, tongue, and gullet, the stomach, small intestines, the pancreas, the salivary glands, and the liver. Next to respiration, digestion is the chief function in the economy of life, as, without the nutritious fluid digested from the aliment, there would be nothing to supply the immense and constantly recurring waste of the system, caused by the activity with which the arteries at all periods, but especially during infancy and youth, are building up the frame and developing the body. In infancy (the period of

which our present subject treats), the series of parts engaged in the process of digestion may be reduced simply to the stomach and liver, or rather its secretion,—the bile. The stomach is a thick muscular bag, connected above with the gullet, and, at its lower extremity, with the commencement of the small intestines. The duty or function of the stomach is to secrete from the arteries spread over its inner surface, a sharp acid liquid called the *gastric juice*; this, with a due mixture of saliva, softens, dissolves, and gradually digests the food or contents of the stomach, reducing the whole into a soft pulpy mass, which then passes into the first part of the small intestines, where it comes in contact with the bile from the gall-bladder, which immediately separates the digested food into two parts; one is a white creamy fluid called *chyle*, and the absolute concentration of all nourishment, which is taken up by proper vessels, and, as we have before said, carried directly to the heart, to be made blood of, and vitalized in the lungs, and thus provide for the wear and tear of the system. It must be here observed that the stomach can only digest *solids*, for fluids, being incapable of that process, can only be *absorbed*; and without the result of digestion, animal, at least human life, could not exist. Now, as Nature has ordained that infantine life shall be supported on liquid aliment, and as, without a digestion the body would perish, some provision was necessary to meet this difficulty, and that provision was found in the nature of the liquid itself, or in other words, **THE MILK**. The process of making cheese, or fresh curds and whey, is familiar to most persons; but as it is necessary to the elucidation of our subject, we will briefly repeat it. The internal membrane, or the lining coat of a calf's stomach, having been removed from the organ, is hung up, like a bladder, to dry; when required, a piece is cut off, put in a jug, a little warm water poured upon it, and after a few hours it is fit for use; the liquid so made being called *rennet*. A little of this rennet, poured into a basin of warm milk, at once conglutates the greater part, and separates from it a quantity of thin liquor, called *whey*. This is precisely the action that takes place in the infant's stomach after every supply from the breast. The cause is the same in both cases, the acid of the gastric juice in the infant's stomach immediately converting the milk into a soft cheese. It is gastric juice, adhering to the calf's stomach, and drawn out by the water, forming rennet, that makes the curds in the basin. The cheesy substance being a solid, at once undergoes the process of digestion, is separated into *chyle* by the bile, and, in a few hours, finds its way to the infant's heart, to become blood, and commence the architecture of its little frame. This is the simple process of a baby's digestion:—milk converted into cheese, cheese into *chyle*, *chyle* into blood, and blood into flesh, bone, and tegument—how simple is the cause, but how sublime and wonderful are the effects!

2458. We have described the most important of the three functions that take place in the infant's body—respiration and digestion; the third, namely, circulation, we hardly think it necessary to enter on, not being called for by the requirements of the nurse and mother; so we shall omit its notice, and proceed from theoretical to more practical considerations. Children of weakly

constitutions are just as likely to be born of robust parents, and those who earn their bread by toil, as the offspring of luxury and affluence; and, indeed, it is against the ordinary providence of Nature to suppose the children of the hardworking and necessitous to be hardier and more vigorous than those of parents blessed with ease and competence.

2459. All children come into the world in the same imploring helplessness, with the same general organization and wants, and demanding either from the newly-awakened mother's love, or from the memory of motherly feeling in the nurse, or the common appeals of humanity in those who undertake the earliest duties of an infant, the same assistance and protection, and the same fostering care.

THE INFANT.

2460. We have already described the phenomena produced on the new-born child by the contact of air, which, after a succession of muscular twitchings, becomes endowed with voice, and heralds its advent by a loud but brief succession of cries. But though this is the general rule, it sometimes happens (from causes it is unnecessary here to explain) that the infant does not cry, or give utterance to any audible sounds, or if it does, they are so faint as scarcely to be distinguished as human accents, plainly indicating that life, as yet, to the new visitor, is neither a boon nor a blessing; the infant being, in fact, in a state of suspended or imperfect vitality,—a state of *quasi* existence, closely approximating the condition of a *still-birth*.

2461. As soon as this state of things is discovered, the child should be turned on its right side, and the whole length of the spine, from the head downwards, rubbed with all the fingers of the right hand, sharply and quickly, without intermission, till the quick action has not only evoked heat, but electricity in the part, and till the loud and sharp cries of the child have thoroughly expanded the lungs, and satisfactorily established its life. The operation will seldom require above a minute to effect, and less frequently demands a repetition. If there is brandy at hand, the fingers before rubbing may be dipped into that, or any other spirit.

2462. There is another condition of what we may call "mute births," where the child only makes short ineffectual gasps, and those at intervals of a minute or two apart, when the lips, eyelids, and fingers become of a deep purple or slate colour, sometimes half the body remaining white, while the other half, which was at first swarthy, deepens to a livid hue. This condition of the infant is owing to the valve between the two sides of the heart remaining open, and allowing the unvitalized venous blood to enter the arteries and get into the circulation.

2463. The object in this case, as in the previous one, is to dilate the lungs as quickly as possible, so that, by the sudden effect of a vigorous inspiration, the valve may be firmly closed, and the impure blood, losing this means of egress, be sent directly to the lungs. The same treatment is therefore necessary as in the previous case, with the addition, if the friction along the spine has failed, of a warm bath at a temperature of about 80°, in which the child is to be plunged up to the neck, first cleansing the mouth and nostrils of the mucus that might interfere with the free passage of air.

2464. While in the bath, the friction along the spine is to be continued, and if the lungs still remain unexpanded, while one person retains the child in an inclined position in the water, another should insert the pipe of a small pair of bellows into one nostril, and while the mouth is closed and the other nostril compressed on the pipe with the hand of the assistant, the lungs are to be slowly inflated by steady puffs of air from the bellows, the hand being removed from the mouth and nose after each inflation, and placed on the pit of the stomach, and by a steady pressure expelling it out again by the mouth. This process is to be continued, steadily inflating and expelling the air from the lungs, till, with a sort of tremulous leap, Nature takes up the process, and the infant begins to gasp, and finally to cry, at first low and faint, but with every ongulp of air increasing in length and strength of volume, when it is to be removed from the water, and instantly wrapped (all but the face and mouth) in a flannel. Sometimes, however, all these means will fail in effecting an utterance from the child, which will lie, with livid lips and a flaccid body, every few minutes opening its mouth with a short gasping pant, and then subsiding into a state of pulseless inaction, lingering probably some hours, till the spasmodic pantings growing further apart, it ceases to exist.

2465. The time that this state of negative vitality will linger in the frame of an infant is remarkable; and even when all the previous operations, though long-continued, have proved ineffectual, the child will often rally from the simplest of means—the application of dry heat. When removed from the bath, place three or four hot bricks or tiles on the hearth, and lay the child, loosely folded in a flannel, on its back along them, taking care that there is but one fold of flannel between the spine and heated bricks or tiles. When neither of these articles can be procured, put a few clear pieces of red cinder in a warming-pan, and extend the child in the same manner along the closed lid. As the heat gradually diffuses itself over the spinal marrow, the child that was dying, or seemingly dead, will frequently give a sudden and energetic cry, succeeded in another minute by a long and vigorous peal, making up, in volume and force, for the previous delay, and instantly confirming its existence by every effort in its nature.

2466. With these two exceptions,—restored by the means we have pointed out to the functions of life,—we will proceed to the consideration of the child **HEALTHILY BORN**. Here the first thing that meets us on the threshold of

inquiry, and what is often between mother and nurse not only a vexed question, but one of vexatious import, is the *crying* of the child ; the mother, in her natural anxiety, maintaining that her infant *must be ill* to cause it to cry so much or so often, and the nurse insisting that *all* children cry, and that nothing is the matter with it, and that crying does good, and is, indeed, an especial benefit to infancy. The anxious and unfamiliar mother, though not convinced by these abstract sayings of the truth or wisdom of the explanation, takes both for granted ; and, giving the nurse credit for more knowledge and experience on this head than she can have, contentedly resigns herself to the infliction, as a thing necessary to be endured for the good of the baby, but thinking it, at the same time, an extraordinary instance of the imperfectibility of Nature as regards the human infant ; for her mind wanders to what she has observed in her childhood with puppies and kittens, who, except when rudely torn from their nurse, seldom give utterance to any complaining.

2467. We, undoubtedly, believe that crying, to a certain extent, is not only conducive to health, but positively necessary to the full development and physical economy of the infant's being. But though holding this opinion, we are far from believing that a child does not very often cry from pain, thirst, want of food, and attention to its personal comfort ; but there is as much difference in the tone and expression of a child's cry as in the notes of an adult's voice ; and the mother's ear will not be long in discriminating between the sharp peevish whine of irritation and fever, and the louder intermitting cry that characterizes the want of warmth and sleep. All these shades of expression in the child's inarticulate voice every nurse *should* understand, and every mother will soon teach herself to interpret them with an accuracy equal to language.

2468. There is no part of a woman's duty to her child that a young mother should so soon make it her business to study, as the voice of her infant, and the language conveyed in its cry. The study is neither hard nor difficult ; a close attention to its tone, and the expression of the baby's features, are the two most important points demanding attention. The key to both the mother will find in her own heart, and the knowledge of her success in the comfort and smile of her infant. We have two reasons—both strong ones—for urging on mothers the imperative necessity of early making themselves acquainted with the nature and wants of their child : the first, that when left to the entire responsibility of the baby, after the departure of the nurse, she may be able to undertake her new duties with more confidence than if left to her own resources and mother's instinct, without a clue to guide her through the mysteries of those calls that vibrate through every nerve of her nature ; and, secondly, that she may be able to guard her child from the nefarious practices of unprincipled nurses, who, while calming the mother's mind with false statements as to the character of the baby's cries, rather than lose their rest, or devote that time which would remove the cause of suffering, administer, behind the curtains, those deadly narcotics which, while stupefying Nature into

sleep, insure for herself a night of many unbroken hours. Such nurses as have not the hardihood to dose their infant charges, are often full of other schemes to still that constant and reproachful cry. The most frequent means employed for this purpose is giving it something to suck,—something easily hid from the mother,—or, when that is impossible, under the plea of keeping it warm, the nurse covers it in her lap with a shawl, and, under this blind, surreptitiously inserts a finger between the parched lips, which possibly moan for drink; and, under this inhuman cheat and delusion, the infant is pacified, till Nature, balked of its desires, drops into a troubled sleep. These are two of our reasons for impressing upon mothers the *early*, the *immediate* necessity of putting themselves sympathetically in communication with their child, by at once learning its hidden language as a delightful task.

2469. We must strenuously warn all mothers on *no* account to allow the nurse to sleep with the baby, never herself to lay down with it by her side for a night's rest, never to let it sleep in the parents' bed, and on no account keep it, longer than absolutely necessary, confined in an atmosphere loaded with the breath of many adults.

2470. The amount of *oxygen* required by an infant is so large, and the quantity consumed by mid-life and age, and the proportion of carbonic acid thrown off from both, so considerable, that an infant breathing the same air cannot possibly carry on its healthy existence while deriving its vitality from so corrupted a medium. This objection, always in force, is still more objectionable at night-time, when doors and windows are closed, and amounts to a condition of poison, when placed between two adults in sleep, and shut in by bed-curtains; and when, in addition to the impurities expired from the lungs, we remember, in quiescence and sleep, how large a portion of mephitic gas is given off from the skin.

2471. Mothers, in the fulness of their affection, believe there is no harbour, sleeping or awake, where their infants can be so secure from all possible or probable danger as in their own arms; yet we should astound our readers if we told them the statistical number of infants who, in despite of their motherly solicitude and love, are annually killed, unwittingly, by such parents themselves, and this from the persistency in the practice we are so strenuously condemning. The mother frequently, on awaking, discovers the baby's face closely impacted between her bosom and her arm, and its body rigid and lifeless; or else so enveloped in the "head-blanket" and superincumbent bedclothes, as to render breathing a matter of physical impossibility. In such cases the jury in general returns a verdict of "*Accidentally overlaid;*" but one of "*Careless suffocation*" would be more in accordance with truth and justice. The only possible excuse that can be urged, either by nurse or mother, for this culpable practice, is the plea of imparting warmth to the infant. But this can always be effected by an extra blanket in the child's crib, or, if the weather is particularly cold, by a bottle of hot water enveloped

in flannel and placed at the child's feet; while all the objections already urged—as derivable from animal heat imparted by actual contact—are entirely obviated. There is another evil attending the sleeping together of the mother and infant, which, as far as regards the latter, we consider quite as formidable, though not so immediate as the others, and is always followed by more or less of mischief to the mother. The evil we now allude to is that most injurious practice of letting the child *suck* after the mother has *fallen asleep*, a custom that naturally results from the former, and which, as we have already said, is injurious to both mother and child. It is injurious to the infant by allowing it, without control, to imbibe to distension a fluid sluggishly secreted and deficient in those vital principles which the want of mental energy, and of the sympathetic appeals of the child on the mother, so powerfully produce on the secreted nutriment, while the mother wakes in a state of clammy exhaustion, with giddiness, dimness of sight, nausea, loss of appetite, and a dull aching pain through the back and between the shoulders. In fact, she wakes languid and unrefreshed from her sleep, with febrile symptoms and hectic flushes, caused by her baby vampire, who, while dragging from her her health and strength, has excited in itself a set of symptoms directly opposite, but fraught with the same injurious consequences—"functional derangement."

THE MILK.

2472. As Nature has placed in the bosom of the mother the natural food of her offspring, it must be self-evident to every reflecting woman, that it becomes her duty to study, as far as lies in her power, to keep that reservoir of nourishment in as pure and invigorating a condition as possible; for she must remember that the *quantity* is no proof of the *quality* of this aliment.

2473. The mother, while suckling, as a general rule, should avoid all sedentary occupations, take regular exercise, keep her mind as lively and pleasingly occupied as possible, especially by music and singing. Her diet should be light and nutritious, with a proper sufficiency of animal food, and of that kind which yields the largest amount of nourishment; and, unless the digestion is naturally strong, vegetables and fruit should form a very small proportion of the general dietary, and such preparations as broths, gruels, arrowroot, &c., still less. Tapioca, or ground-rice pudding, made with several eggs, may be taken freely; but all slops and thin potations, such as that delusion called chicken-broth, should be avoided, as yielding a very small amount of nutriment, and a large proportion of flatulence. All purely stimulants should be avoided as much as possible, especially spirits, unless taken for some special object, and that medicinally; but as a part of the dietary they should be carefully shunned. Lactation is always an exhausting process, and as the child increases in size and strength, the drain upon the mother becomes great and depressing. Then something more even than an abundant diet is

required to keep the mind and body up to a standard sufficiently healthy to admit of a constant and nutritious secretion being performed without detriment to the physical integrity of the mother, or injury to the child who imbibes it; and as stimulants are inadmissible, if not positively injurious, the substitute required is to be found in *malt liquor*. To the lady accustomed to her Madeira and sherry, this may appear a very vulgar potation for a delicate young mother to take instead of the more subtle and condensed elegance of wine; but as we are writing from experience, and with the avowed object of imparting useful facts and beneficial remedies to our readers, we allow no social distinctions to interfere with our legitimate object.

2474. We have already said that the suckling mother should avoid stimulants, especially spirituous ones; and though something of this sort is absolutely necessary to support her strength during the exhausting process, it should be rather of a *tonic* than of a stimulating character; and as all wines contain a large percentage of brandy, they are on that account less beneficial than the pure juice of the fermented grape might be. But there is another consideration to be taken into account on this subject; the mother has not only to think of herself, but also of her infant. Now wines, especially port wine, very often—indeed, most frequently—affect the baby's bowels, and what might have been grateful to the mother becomes thus a source of pain and irritation to the child afterwards. Sherry is less open to this objection than other wines, yet still it very frequently does influence the second participant, or the child whose mother has taken it.

2475. The nine or twelve months a woman usually suckles must be, to some extent, to most mothers, a period of privation and penance, and unless she is deaf to the cries of her baby, and insensible to its kicks and plunges, and will not see in such muscular evidences the griping pains that rack her child, she will avoid every article that can remotely affect the little being who draws its sustenance from her. She will see that the babe is acutely affected by all that in any way influences her, and willingly curtail her own enjoyments, rather than see her infant rendered feverish, irritable, and uncomfortable. As the best tonic, then, and the most efficacious indirect stimulant that a mother can take at such times, there is no potation equal to *porter* and *stout*, or, what is better still, an equal part of *porter* and *stout*. Ale, except for a few constitutions, is too subtle and too sweet, generally causing acidity or heartburn, and stout alone is too potent to admit of a full draught, from its proneness to affect the head; and quantity, as well as moderate strength, is required to make the draught effectual; the equal mixture, therefore, of stout and porter yields all the properties desired or desirable as a medicinal agent for this purpose.

2476. Independently of its invigorating influence on the constitution, *porter* exerts a marked and specific effect on the secretion of milk, more powerful in exciting an abundant supply of that fluid than any other article within the

range of the physician's art; and, in cases of deficient quantity, is the most certain, speedy, and the healthiest means that can be employed to insure a quick and abundant flow. In cases where malt liquor produces flatulency, a few grains of the "carbonate of soda" may advantageously be added to each glass immediately before drinking, which will have the effect of neutralizing any acidity that may be in the porter at the time, and will also prevent its after-disagreement with the stomach. The quantity to be taken must depend upon the natural strength of the mother, the age and demand made by the infant on the parent, and other causes; but the amount should vary from *one to two* pints a day, never taking less than half a pint at a time, which should be repeated three or four times a day.

2477. We have said that the period of suckling is a season of penance to the mother, but this is not invariably the case; and, as so much must depend upon the natural strength of the stomach, and its power of assimilating all kinds of food into healthy *chyle*, it is impossible to define exceptions. Where a woman feels she can eat any kind of food, without inconvenience or detriment, she should live during her suckling as she did before; but, as a general rule, we are bound to advise all mothers to abstain from such articles as pickles, fruits, cucumbers, and all acid and slowly digestible foods, unless they wish for restless nights and crying infants.

2478. As regards exercise and amusement, we would certainly neither prohibit a mother's dancing, going to a theatre, nor even from attending an assembly. The first, however, is the best indoor recreation she can take, and a young mother will do well to often amuse herself in the nursery with this most excellent means of healthful circulation. The only precaution necessary is to avoid letting the child suck the milk that has lain long in the breast, or is heated by excessive action.

2479. Every mother who can, should be provided with a breast-pump, or glass tube, to draw off the superabundance that has been accumulating in her absence from the child, or the first gush excited by undue exertion: the subsequent supply of milk will be secreted under the invigorating influence of a previous healthy stimulus.

2480. As the first milk that is secreted contains a large amount of the saline elements, and is thin and innutritious, it is most admirably adapted for the purpose Nature designed it to fulfil,—that of an aperient; but which, unfortunately, it is seldom permitted, in our artificial mode of living, to perform.

2481. So opposed are we to the objectionable plan of physicking new-born children, that, unless for positive illness, we would much rather advise that medicine should be administered *through* the mother for the first eight or ten weeks of its existence. This practice, which few mothers will object to, is

easily effected by the parent, when such a course is necessary for the child, taking either a dose of castor-oil, half an ounce of tasteless salts (the phosphate of soda), one or two teaspoonfuls of magnesia, a dose of lenitive electuary, manna, or any mild and simple aperient, which, almost before it can have taken effect on herself, will exhibit its action on her child.

2482. One of the most common errors that mothers fall into while suckling their children, is that of fancying they are always hungry, and consequently overfeeding them ; and with this, the great mistake of applying the child to the breast on every occasion of its crying, without investigating the cause of its complaint, and, under the belief that it wants food, putting the nipple into its crying mouth, until the infant turns in revulsion and petulance from what it should accept with eagerness and joy. At such times, a few teaspoonfuls of water, slightly chilled, will often instantly pacify a crying and restless child, who has turned in loathing from the offered breast ; or, after imbibing a few drops, and finding it not what nature craved, throws back its head in disgust, and cries more petulantly than before. In such a case as this, the young mother, grieved at her baby's rejection of the tempting present, and distressed at its cries, and in terror of some injury, over and over ransacks its clothes, believing some insecure pin can alone be the cause of such sharp complaining, an accident that, from her own care in dressing, however, is seldom or ever the case.

2483. These abrupt cries of the child, if they do not proceed from thirst, which a little water will relieve, not unfrequently occur from some unequal pressure, a fold or twist in the "roller," or some constriction round the tender body. If this is suspected, the mother must not be content with merely slackening the strings ; the child should be undressed, and the creases and folds of the hot skin, especially those about the thighs and groins, examined, to see that no powder has caked, and, becoming hard, irritated the parts. The violet powder should be dusted freely over all, to cool the skin, and everything put on fresh and smooth. If such precautions have not afforded relief, and, in addition to the crying, the child plunges or draws up its legs, the mother may be assured some cause of irritation exists in the stomach or bowels,—either acidity in the latter or distension from overfeeding in the former ; but, from whichever cause, the child should be "opened" before the fire, and a heated napkin applied all over the abdomen, the infant being occasionally elevated to a sitting position, and while gently jolted on the knee, the back should be lightly patted with the hand.

2484. Should the mother have any reason to apprehend that the *cause* of inconvenience proceeds from the bladder—a not unfrequent source of pain,—the napkin is to be dipped in hot water, squeezed out, and immediately applied over the part, and repeated every eight or ten minutes, for several times in succession, either till the natural relief is afforded, or a cessation of pain allows of its discontinuance. The pain that young infants often suffer, and the

crying that results from it, is, as we have already said, frequently caused by the mother inconsiderately overfeeding her child, and is produced by the pain of distension, and the mechanical pressure of a larger quantity of fluid in the stomach than the gastric juice can convert into cheese and digest.

2485. Some children are stronger in the enduring power of the stomach than others, and get rid of the excess by vomiting, concluding every process of suckling by an emission of milk and curd. Such children are called by nurses "thriving children;" and generally they are so, simply because their digestion is good, and they have the power of expelling with impunity that superabundance of aliment which in others is a source of distension, flatulence, and pain.

2486. The length of time an infant should be suckled must depend much on the health and strength of the child, and the health of the mother, and the quantity and quality of her milk; though, when all circumstances are favourable, it should never be less than *nine*, nor exceed *fifteen* months; but perhaps the true time will be found in the medium between both. But of this we may be sure, that Nature never ordained a child to live on suction after having endowed it with teeth to bite and to grind; and nothing is more out of place and unseemly than to hear a child, with a set of twenty teeth, ask for "the breast."

2487. The practice of protracted wet-nursing is hurtful to the mother, by keeping up an uncalled-for, and, after the proper time, an unhealthy drain on her system, while the child either derives no benefit from what it no longer requires, or it produces a positive injury on its constitution. After the period when Nature has ordained the child shall live by other means, the secretion of milk becomes thin and deteriorated, showing in the flabby flesh and puny features of the child both its loss of nutritious properties and the want of more stimulating aliment.

2488. Though we have said that twelve months is about the medium time a baby should be suckled, we by no means wish to imply that a child should be fed exclusively on milk for its first year; quite the reverse; the infant can hardly be too soon made independent of the mother. Thus, should illness assail her, her milk fail, or any domestic cause abruptly cut off the natural supply, the child having been annealed to an artificial diet, its life might be safely carried on without seeking for a wet-nurse, and without the slightest danger to its system.

2489. The advantage to the mother of early accustoming the child to artificial food is as considerable to herself as beneficial to her infant; the demand on her physical strength in the first instance will be less severe and exhausting, the child will sleep longer on a less rapidly digestible aliment, and yield to both more quiet nights, and the mother will be more at liberty to go out for

business or pleasure, another means of sustenance being at hand till her return. Besides these advantages, by a judicious blending of the two systems of feeding, the infant will acquire greater constitutional strength, so that, if attacked by sickness or disease, it will have a much greater chance of resisting its virulence than if dependent alone on the mother, whose milk, affected by fatigue and the natural anxiety of the parent for her offspring, is at such a time neither good in its properties nor likely to be beneficial to the patient.

2490. All that we have further to say on suckling is an advice to mothers, that if they wish to keep a sound and unhappened nipple, and possibly avoid what is called a "broken breast," never to put it up with a wet nipple, but always to have a soft handkerchief in readiness, and the moment that delicate part is drawn from the child's mouth, to dry it carefully of the milk and saliva that moisten it; and, further, to make a practice of suckling from each breast alternately.

Dress and Dressing. Washing, &c.

2491. AS respects the dress and dressing of a new-born infant, or of a child in arms, during any stage of its nursing, there are few women who will require us to give them guidance or directions for their instruction; and though a few hints on the subject may not be out of place here, yet most women intuitively "take to a baby," and, with a small amount of experience, are able to perform all the little offices necessary to its comfort and cleanliness with ease and completeness. We shall, therefore, on this delicate subject hold our peace; and only, from afar, *hint* "at what we would," leaving our suggestions to be approved or rejected, according as they chime with the judgment and the apprehension of our motherly readers.

2492. In these days of intelligence, there are few ladies who have not, in all probability, seen the manner in which the Indian squaw, the aborigines of Polynesia, and even the Lapp and Esquimaux, strap down their baby on a board, and by means of a loop suspend it to the bough of a tree, hang it up to the rafters of the hut, or on travel, dangle it on their backs, outside the domestic implements, which, as the slave of her master, man, the wronged but uncomplaining woman carries, in order that her lord may march in unhampered freedom. Cruel and confining as this system of "backboard" dressing may seem to our modern notions of freedom and exercise, it is positively less irksome, less confining, and infinitely less prejudicial to health, than the mummifying of children by our grandmothers a hundred, ay, fifty years ago: for what with chin-stays, back-stays, body-stays, forehead-cloths, rollers, bandages, &c., an infant had as many girths and strings, to keep head, limbs, and body in one exact position, as a ship has halyards.

2493. Much of this—indeed we may say ~~all~~—has been abolished; but still the

child is far from being dressed loosely enough ; and we shall never be satisfied till the abominable use of the *pin* is avoided *in toto* in an infant's dressing, and a texture made for all the under garments of a child of a cool and elastic material.

2494. The manner in which an infant is encircled in a bandage called the "roller," as if it had fractured ribs, compressing those organs—that, living on suction, must be, for the health of the child, to a certain degree distended, to obtain sufficient aliment from the fluid imbibed—is perfectly preposterous. Our humanity, as well as our duty, calls upon us at once to abrogate and discountenance by every means in our power. Instead of the process of washing and dressing being made, as with the adult, a refreshment and comfort, it is, by the dawdling manner in which it is performed, the multiplicity of things used, and the perpetual change of position of the infant to adjust its complicated clothing, rendered an operation of positive irritation and annoyance. We, therefore, entreat all mothers to regard this subject in its true light, and study to the utmost, simplicity in dress, and dispatch in the process.

2495. Children do not so much cry from the washing as from the irritation caused by the frequent change of position in which they are placed, the number of times they are turned on their face, on their back, and on their side, by the manipulations demanded by the multiplicity of articles to be fitted, tacked, and carefully adjusted on their bodies. What mother ever found her girl of six or seven stand quiet while she was curling her hair? How many times nightly has she not to reprove her for not standing still during the process! It is the same with the unconscious infant, who cannot bear to be moved about, and who has no sooner grown reconciled to one position than it is forced reluctantly into another. It is true, in one instance the child has intelligence to guide it, and in the other not; but the *motitory nerves*, in both instances, resent coercion, and a child cannot be too little handled.

2496. On this account alone, and, for the moment, setting health and comfort out of the question, we beg mothers to simplify their baby's dress as much as possible; and not only to put on as little as is absolutely necessary, but to make that as simple in its contrivance and adjustment as it will admit of; to avoid belly-bands, rollers, girths, and everything that can impede or confine the natural expansion of the digestive organs, on the due performance of whose functions the child lives, thrives, and develops its physical being.

REARING BY HAND.

Articles necessary, and how to use them.—Preparation of Foods.—Baths.—Advantages of Rearing by Hand.

2497. As we do not for a moment wish to be thought an advocate for an artificial, in preference to the natural course of rearing children, we beg our

readers to understand us perfectly on this head ; all we desire to prove is the fact that a child *can* be brought up as well on a spoon dietary as the best example to be found of those reared on the breast ; having more strength, indeed, from the more nutritious food on which it lives. It will be thus less liable to infectious diseases, and more capable of resisting the virulence of any danger that may attack it ; and without in any way depreciating the nutriment of its natural food, we wish to impress on the mother's mind that there are many cases of infantine debility which might eventuate in rickets, curvature of the spine, or mesenteric disease, where the addition to, or total substitution of, an artificial and more stimulating aliment, would not only give tone and strength to the constitution, but at the same time render the employment of mechanical means totally unnecessary. And, finally, though we would never—where the mother had the strength to suckle her child—supersede the breast, we would insist on making it a rule to accustom the child as early as possible to the use of an artificial diet, not only that it may acquire more vigour to help it over the ills of childhood, but that, in the absence of the mother, it might not miss the maternal sustenance ; and also for the parent's sake, that, should the milk, from any cause, become vitiated, or suddenly cease, the child can be made over to the bottle and the spoon without the slightest apprehension of hurtful consequences.

2498. To those persons unacquainted with the system, or who may have been erroneously informed on the matter, the rearing of a child by hand may seem surrounded by innumerable difficulties, and a large amount of personal trouble and anxiety to the nurse or mother who undertakes the duty. This, however, is a fallacy in every respect, except as regards the fact of preparing the food ; but even this extra amount of work, by adopting the course we shall lay down, may be reduced to a very small sum of inconvenience ; and as respects anxiety, the only thing calling for care is the display of judgment in the preparation of the food. The articles required for the purpose of feeding an infant are a night-lamp, with its pan and lid, to keep the food warm ; a nursing-bottle, with a prepared teat ; and a small pap saucepan, for use by day. Of the lamp we need hardly speak, most mothers being acquainted with its operation : but to those to whom it is unknown we may observe, that the flame from the floating rushlight heats the water in the reservoir above, in which the covered pan that contains the food floats, keeping it at such a heat that, when thinned by milk, it will be of a temperature suitable for immediate use. Though many kinds of nursing-bottles have been lately invented, and some mounted with India-rubber nipples, the common glass bottle, with the calf's teat, is equal in cleanliness and utility to any ; besides, the nipple put into the child's mouth is so white and natural in appearance, that no child taken from the breast will refuse it. The black artificial ones of caoutchouc or gutta-percha are unnatural. The prepared teats can be obtained at any chemist's, and as they are kept in spirits, they will require a little soaking in warm water, and gentle washing, before being tied securely, by means of fine twine, round the neck of the bottle, just sufficient being left projecting for

the child to grasp freely in its lips; for if left the full length, or *ever long*, it will be drawn too far into the mouth, and possibly make the infant heave. When once properly adjusted, the nipple need never be removed till replaced by a new one, which will hardly be necessary oftener than once a fortnight, though with care one will last for several weeks. The nursing-bottle should be thoroughly washed and cleaned every day, and always rinsed out before and after using it, the warm water being squeezed through the nipple, to wash out any particles of food that might lodge in the aperture, and become sour. The teat can always be kept white and soft by turning the end of the bottle, when not in use, into a narrow jug containing water, taking care to dry it first, and then to warm it by drawing the food through before putting it into the child's mouth.

Food, and its Preparation.

2499. The articles generally employed as food for infants consist of arrow-root, bread, flour, baked flour, prepared groats, farinaceous food, biscuit-powder, biscuits, tops-and-bottoms, and semolina, or manna croup, as it is otherwise called, which, like tapioca, is the prepared pith of certain vegetable substances. Of this list the least efficacious, though, perhaps, the most believed in, is arrowroot, which only as a mere agent, for change, and then only for a very short time, should ever be employed as a means of diet to infancy or childhood. It is a thin, flatulent, and innutritious food, and incapable of supporting infantine life with energy. Bread, though the universal *régime* with the labouring poor, where the infant's stomach and digestive powers are a reflex, in miniature, of the father's, should never be given to an infant under three months, and, even then, however finely beaten up and smoothly made, is a very questionable diet. Flour, when well boiled, though infinitely better than arrowroot, is still only a kind of fermentative paste, that counteracts its own good by after-acidity and flatulence.

2500. Baked flour, when cooked into a pale brown mass, and finely powdered, makes a far superior food to the others, and may be considered as a very useful diet, especially for a change. Prepared groats may be classed with arrowroot and raw flour, as being innutritious. The articles that now follow in our list are all good, and such as we could, with conscience and safety, trust to for the health and development of any child whatever.

2501. We may observe in this place, that an occasional change in the character of the food is highly desirable, both as regards the health and benefit of the child; and though the interruption should only last for a day, the change will be advantageous.

2502. The packets sold as farinaceous food are unquestionably the best aliment that can be given from the first to a baby, and may be continued, with the exception of an occasional change, without alteration of the material, till the child is able to take its regular meals of animal and vegetable

food. Some infants are so constituted as to require a frequent and total change in their system of living, seeming to thrive for a certain time on any food given to them, but if persevered in too long, declining in bulk and appearance as rapidly as they had previously progressed. In such cases the food should be immediately changed, and when that which appeared to agree best with the child is resumed, it should be altered in its quality, and perhaps in its consistency.

2503. For the farinaceous food there are directions with each packet, containing instructions for the making; but, whatever the food employed is, enough should be made at once to last the day and night; at first, about a pint basinful, but, as the child advances, a quart will hardly be too much. In all cases, let the food boil a sufficient time, constantly stirring, and taking every precaution that it does not get burnt, in which case it is on no account to be used.

2504. The food should always be made with water, the whole sweetened at once, and of such a consistency that, when poured out, and it has had time to cool, it will cut with the firmness of a pudding or custard. One or two spoonfuls are to be put into the pap saucepan and stood on the hob till the heat has softened it, when enough milk is to be added, and carefully mixed with the food, till the whole has the consistency of ordinary cream; it is then to be poured into the nursing-bottle, and the food having been drawn through to warm the nipple, it is to be placed in the child's mouth. For the first month or more, half a bottleful will be quite enough to give the infant at one time; but, as the child grows, it will be necessary not only to increase the quantity given at each time, but also gradually to make its food more consistent, and, after the third month, to add an egg to every pint basin of food made. At night the mother puts the food into the covered pan of her lamp, instead of the saucepan—that is, enough for one supply, and, having lighted the rush, she will find, on the waking of her child, the food sufficiently hot to bear the cooling addition of the milk. But, whether night or day, the same food should never be heated twice, and what the child leaves should be thrown away.

2505. The biscuit powder is used in the same manner as the farinaceous food, and both prepared much after the fashion of making starch. But when tops-and-bottoms, or the whole biscuit, are employed, they require soaking in cold water for some time previous to boiling. The biscuit or biscuits are then to be slowly boiled in as much water as will, when thoroughly soft, allow of their being beaten by a three-pronged fork into a fine, smooth, and even pulp, and which, when poured into a basin and become cold, will cut out like a custard. If two large biscuits have been so treated, and the child is six or seven months old, beat up two eggs, sufficient sugar to properly sweeten it, and about a pint of skim milk. Pour this on the beaten biscuit in the saucepan, stirring constantly; boil for about five minutes, pour into a basin, and use, when cold, in the same manner as the other.

2506. This makes an admirable food, at once nutritious and strengthening. When tops-and-bottoms or rusks are used, the quantity of the egg may be reduced, or altogether omitted.

2507. Semolina, or manna croup, being in little hard grains, like a fine millet-seed, must be boiled for some time, and the milk, sugar, and egg added to it on the fire, and boiled for a few minutes longer, and, when cold, used as the other preparations.

2508. Many persons entertain a belief that cow's milk is hurtful to infants, and, consequently, refrain from giving it ; but this is a very great mistake, for both sugar and milk should form a large portion of every meal an infant takes.

TEETHING AND CONVULSIONS.

**Fits, &c., the consequence of Dentition, and how to be treated.—
The number and order of the Teeth, and manner in which
they are cut.—First and Second Set.**

2509. ABOUT three months after birth, the infant's troubles may be said to begin ; teeth commence forming in the gums, causing pain and irritation in the mouth, and which, but for the saliva it causes to flow so abundantly, would be attended with very serious consequences. At the same time the mother frequently relaxes in the punctuality of the regimen imposed on her, and, taking some unusual or different food, excites diarrhœa or irritation in her child's stomach, which not unfrequently results in a rash on the skin, or slight febrile symptoms, which, if not subdued in their outset, superinduce some more serious form of infantine disease. But, as a general rule, the teeth are the primary cause of much of the child's sufferings, in consequence of the state of nervous and functional irritation into which the system is thrown by their formation and progress out of the jaw and through the gums. We propose beginning this branch of our subject with that most fertile source of an infant's suffering—

Teething.

2510. That this subject may be better understood by the nurse and mother, and the reason of the constitutional disturbance that, to a greater or less degree, is experienced by all infants, may be made intelligible to those who have the care of children, we shall commence by giving a brief account of the formation of the teeth, the age at which they appear in the mouth, and the order in which they pierce the gums. The organs of mastication in the adult consist of 32 distinct teeth, 16 in either jaw ; being, in fact, a double set. The teeth are divided into 4 incisors, 2 canine, 4 first and second grinders, and 6 molars ; but in childhood the complement or first set consists of only twenty, and these only make their appearance as the development of the frame indicates the

requirement of a different kind of food for the support of the system. At birth some of the first-cut teeth are found in the cavities of the jaw, in a very small and rudimentary form; but this is by no means universal. About the third month, the jaws, which are hollow and divided into separate cells, begin to expand, making room for the slowly developing teeth, which, arranged for beauty and economy of space lengthwise, gradually turn their tops upwards, piercing the gum by their edges, which, being sharp, assist in cutting a passage through the soft parts. There is no particular period at which children cut their teeth, some being remarkably early, and others equally late. The earliest age that we have ever ourselves known as a reliable fact was, *six weeks*. Such peculiarities are generally hereditary, and, as in this case, common to a whole family. The two extremes are probably represented by six and sixteen months. Pain and drivelling are the usual, but by no means the general, indications of teething.

2511. About the sixth month the gums become tense and swollen, presenting a red, shiny appearance, while the salivary glands pour out an unusual quantity of saliva. After a time, a white line or round spot is observed on the top of one part of the gums, and the sharp edge of the tooth may be felt beneath if the finger is gently pressed on the part. Through these white spots the teeth burst their way in the following order:—

2512. Two incisors in the lower jaw are first cut, though, in general, some weeks elapse between the appearance of the first and the advent of the second. The next teeth cut are the four incisors of the upper jaw. The next in order are the remaining two incisors of the bottom, one on each side, then two top and two bottom on each side, but not joining the incisors; and lastly, about the eighteenth or twentieth month, the four eye teeth, filling up the space left between the side teeth and the incisors; thus completing the infant's set of sixteen. Sometimes at the same period, but more frequently some months later, four more double teeth slowly make their appearance, one on each side of each jaw, completing the entire series of the child's first set of twenty teeth. It is asserted that a child, while cutting its teeth, should either dribble excessively, vomit after every meal, or be greatly relaxed. Though one or other, or all of these at once, may attend a case of teething, it by no means follows that any one of them should accompany this process of nature, though there can be no doubt that where the pain consequent on the unyielding state of the gums, and the firmness of the skin that covers the tooth, is severe, a copious discharge of saliva acts beneficially in saving the head, and also in guarding the child from those dangerous attacks of fits to which many children in their teething are liable.

2513. The *Symptoms* that generally indicate the cutting of teeth, in addition to the inflamed and swollen state of the gums, and increased flow of saliva, are the restless and peevish state of the child, the hands being thrust into the mouth, and the evident pleasure imparted by rubbing the finger or nail gently

along the gum ; the lips are often excoriated, and the functions of the stomach or bowels are out of order. In severe cases, occurring in unhealthy or scrofulous children, there are, from the first, considerable fever, disturbed sleep, fretfulness, diarrhœa, rolling of the eyes, convulsive startings, laborious breathing, coma, or unnatural sleep, ending, unless the head is quickly relieved, in death.

2514. The *Treatment* in all cases of painful teething is remarkably simple, and consists in keeping the body cool by mild aperient medicines, allaying the irritation in the gums by friction with a rough ivory ring or a stale crust of bread, and when the head, lungs, or any organ is overloaded or unduly excited, to use the hot bath, and by throwing the body into a perspiration, equalize the circulation, and relieve the system from the danger of a fatal termination.

2515. Besides these, there is another means, but that must be employed by a medical man ; namely, scarifying the gums—an operation always safe, and which, when judiciously performed, and at a critical opportunity, will often snatch the child from the grasp of death.

2516. There are few subjects on which mothers have often formed such strong and mistaken opinions as on that of lancing an infant's gums, some rather seeing their child go into fits—and by the unrelieved irritation endangering inflammation of the brain, water on the head, rickets, and other lingering affections—than permit the surgeon to afford instant relief by cutting through the hard skin, which, like a bladder over the stopper of a bottle, effectually confines the tooth to the socket, and prevents it piercing the soft, spongy substance of the gum. This prejudice is a great error, as we shall presently show ; for, so far from hurting the child, there is nothing that will so soon convert an infant's tears into smiles as scarifying the gums in painful teething ; that is, if effectually done, and the skin of the tooth be divided.

2517. Though teething is a natural function, and to an infant in perfect health should be unproductive of pain, yet in general it is not only a fertile cause of suffering, but often a source of alarm and danger ; the former, from irritation in the stomach and bowels, deranging the whole economy of the system, and the latter, from coma and fits, that may excite alarm in severe cases ; and the danger, that eventuates in some instances, from organic disease of the head or spinal marrow.

2518. We shall say nothing in this place of "rickets," or "water on the head," which are frequent results of dental irritation, but proceed to finish our remarks on the treatment of teething. Though strongly advocating the lancing of the gums in teething, and when there are any severe head-symptoms, yet it should never be needlessly done, or before being satisfied that the tooth is fully formed, and is out of the socket, and under the gum. When assured on these

points, the gum should be cut lengthwise, and from the top of the gum downwards to the tooth, in an horizontal direction, thus —, and for about half an inch in length. The operation is then to be repeated in a transverse direction, cutting across the gum, in the centre of the first incision, and forming a cross, thus +. The object of this double incision is to insure a retraction of the cut parts, and leave an open way for the tooth to start from—an advantage not to be obtained when only one incision is made; for unless the tooth immediately follows the lancing, the opening reunites, and the operation has to be repeated. That this operation is very little or not at all painful, is evidenced by the suddenness with which the infant falls asleep after the lancing, and awakes in apparently perfect health, though immediately before the use of the gum-lancet, the child may have been shrieking or in convulsions.

Convulsions, or Infantine Fits.

2519. From their birth till after teething, infants are more or less subject or liable to sudden fits, which often, without any assignable cause, will attack the child in a moment, and while in the mother's arms; and which, according to their frequency, and the age and strength of the infant, are either slight or dangerous.

2520. Whatever may have been the remote cause, the immediate one is some irritation of the nervous system, causing convulsions, or an effusion to the head, inducing coma. In the first instance, the infant cries out with a quick, short scream, rolls up its eyes, arches its body backwards, its arms become bent and fixed, and the fingers parted; the lips and eyelids assume a dusky leaden colour, while the face remains pale, and the eyes open, glassy, or staring. This condition may or may not be attended with muscular twitchings of the mouth, and convulsive plunges of the arms. The fit generally lasts from one to three minutes, when the child recovers with a sigh, and the relaxation of the body. In the other case, the infant is attacked at once with total insensibility and relaxation of the limbs, coldness of the body and suppressed breathing; the eyes, when open, being dilated, and presenting a dim glistening appearance; the infant appearing, for the moment, to be dead.

2521. *Treatment.*—The first step in either case is, to immerse the child in a hot bath up to the chin; or if sufficient hot water cannot be procured to cover the body, make a hip-bath of what can be obtained; and, while the left hand supports the child in a sitting or recumbent position, with the right scoop up the water, and run it over the chest of the patient. When sufficient water can be obtained, the spine should be briskly rubbed while in the bath; when this cannot be done, lay the child on the knees, and with the fingers dipped in brandy, rub the whole length of the spine vigorously for two or three minutes, and when restored to consciousness, give occasionally a teaspoonful of weak brandy and water or wine and water.

2522. An hour after the bath, it may be necessary to give an aperient

powder, possibly also to repeat the dose for once or twice every three hours; in which case the following prescription is to be employed. Take or

Powdered scammony	6 grains.
Grey powder	6 grains.
Antimonial powder	4 grains.
Lump sugar	20 grains.

Mix thoroughly, and divide into three powders, which are to be taken as advised for an infant one year old; for younger or weakly infants, divide into four powders, and give as the other. For thirst and febrile symptoms, give drinks of barley-water, or cold water, and every three hours put ten to fifteen drops of spirits of sweet nitre in a dessert-spoonful of either beverage.

THRUSH, AND ITS TREATMENT.

2523. THIS is a disease to which infants are peculiarly subject, and in whom alone it may be said to be a disease; for when thrush shows itself in adult or advanced life, it is not as a disease proper, but only as a symptom, or accessory, of some other ailment, generally of a chronic character, and should no more be classed as a separate affection than the petechæ, or dark-coloured spots that appear in malignant measles, may be considered a distinct affection.

2524. Thrush is a disease of the follicles of the mucous membrane of the alimentary canal, whereby there are formed small vesicles, or bladders, filled with a thick mucous secretion, which, bursting, discharge their contents, and form minute ulcers in the centre of each vessel. To make this formal but unavoidable description intelligible, we must beg the reader's patience while we briefly explain terms that may appear to many so unmeaning, and make the pathology of thrush fully familiar.

2525. The whole digestive canal, of which the stomach and bowels are only a part, is covered, from the lips, eyes, and ears downwards, with a thin glairy tissue, like the skin that lines the inside of an egg, called the mucous membrane; this membrane is dotted all over, in a state of health, by imperceptible points, called follicles, through which the saliva, or mucus secreted by the membrane, is poured out.

2526. These follicles, or little glands, then, becoming enlarged, and filled with a congealed fluid, constitute thrush in its first stage; and when the child's lips and mouth appear a mass of small pearls, then, as these break and discharge, the second stage, or that of ulceration, sets in.

2527. *Symptoms.*—Thrush is generally preceded by considerable irritation, by the child crying and fretting, showing more than ordinary redness of the

lips and nostrils, hot fetid breath, with relaxed bowels, and dark feculent evacuations; the water is scanty and high-coloured; whilst considerable difficulty in swallowing, and much thirst, are the other symptoms, which a careful observation of the little patient makes manifest.

2528. The situation and character of thrush show at once that the cause is some irritation of the mucous membrane, and can proceed only from the nature and quality of the food. Before weaning, this must be looked for in the mother, and the condition of the milk; after that time, in the crude and indigestible nature of the food given. In either case, this exciting cause of the disease must be at once stopped. When it proceeds from the mother, it is always best to begin by physicking the infant through the parent; that is to say, let the parent first take the medicine, which will sufficiently affect the child through the milk: this plan has the double object of benefiting the patient and, at the same time, correcting the state of the mother, and improving the condition of her milk. In the other case, when the child is being fed by hand, then proceed by totally altering the style of aliment given, and substituting farinaceous food, custards, blanc-mange, and ground-rice puddings.

2529. As an aperient medicine for the mother, the best thing she can take is a dessert-spoonful of carbonate of magnesia once or twice a day, in a cup of cold water; and every second day, for two or three times, an aperient pill.

2530. As the thrush extends all over the mouth, throat, stomach, and bowels, the irritation to the child from such an extent of diseased surface is proportionately great, and before attempting to act on such a tender surface by opening medicine, the better plan is to soothe by an emollient mixture; and, for that purpose, let the following be prepared. Take of

Castor oil	2 drachms.
Sugar	1 drachm.
Mucilage, or powdered gum Arabic	half a drachm.

Triturate till the oil is incorporated, then add slowly—

Mint-water	One ounce and a half.
Laudanum	Ten drops.

Half a teaspoonful three times a day, to an infant from one to two years old; a teaspoonful from two to three years old; and a dessert-spoonful at any age over that time. After two days' use of the mixture, one of the following powders should be given twice a day, accompanied with one dose daily of the mixture:—

Grey powder	20 grains.
Powdered rhubarb	15 grains.
Scammony	10 grains. M ^r .

Divide into twelve powders, for one year; eight powders, from one to two;

and six powders, from two to six years old. After that age, double the strength, by giving the quantity of two powders at once.

2531. It is sometimes customary to apply borax and honey to the mouth for thrush; but it is always better to treat the disease constitutionally rather than locally. The first steps, therefore, to be adopted are, to remove or correct the exciting cause—the mother's milk or food; allay irritation by a warm bath and the castor-oil mixture, followed by and conjoined with the powders.

2532. To those, however, who wish to try the honey process, the best preparation to use is the following:—Rub down one ounce of honey with two drachms of tincture of myrrh, and apply it to the lips and mouth every four or six hours.

2533. It is a popular belief, and one most devoutly cherished by many nurses and elderly persons, that everybody must, at some time of their life, between birth and death, have an attack of thrush, and if not in infancy, or prime of life, it will surely attack them on their death-bed, in a form more malignant than if the patient had been affected with the malady earlier; the black thrush with which they are then reported to be affected being, in all probability, the petechæ, or purple spots that characterize the worst form, and often the last stage, of typhoid fever.

2534. In general, very little medicine is needed in this disease of the thrush—an alterative powder, or a little magnesia, given once or twice, being all, with the warm bath, that, in the great majority of cases, is needed to restore the mucous membrane to health. As thrush is caused by an excess of heat, or over-action in the lining membrane of the stomach and bowels, whatever will counteract this state, by throwing the heat on the surface, must materially benefit, if not cure, the disease: and that means every mother has at hand, in the form of a *warm bath*. After the application of this, a little magnesia to correct the acidity existing along the surface of the mucous membrane, is often all that is needed to throw the system into such a state as will effect its own cure. This favourable state is indicated by an excessive flow of saliva, or what is called "dribbling," and by a considerable amount of relaxation of the bowels—a condition that must not be mistaken for diarrhœa, and checked as if a disease, but rather, for the day or two it continues, encouraged as a critical evacuant.

2535. Should there be much debility in the convalescence, half a teaspoonful of stee wine, given twice a day in a little barley-water, will be found sufficient for all the purposes of a tonic. This, with the precaution of changing the child's food, or, when it lives on the mother, of correcting the quality of the milk by changing her own diet, and, by means of an antacid or aperient, improving the state of the secretion. Such is all the treatment that this disease in general requires.

2536. The class of diseases we are now approaching are the most important, both in their pathological features and in their consequences on the constitution, of any group or individual disease that assails the human body; and though more frequently attacking the undeveloped frame of childhood, are yet by no means confined to that period. These are called Eruptive Fevers, and embrace chicken-pox, cow-pox, small-pox, scarlet fever, measles, miliary fever, and erysipelas, or St. Anthony's fire.

2537. The general character of all these is, that they are contagious, and, as a general rule, attack a person only once in his lifetime; that their chain of diseased actions always begins with fever, and that, after an interval of from one to four days, the fever is followed by an eruption of the skin.

CHICKEN-POX, OR GLASS-POX; AND COW-POX, OR VACCINATION.

2538. CHICKEN-POX, or GLASS-POX, may, in strict propriety, be classed as a mild variety of small-pox, presenting all the mitigated symptoms of that formidable disease. Among many physicians it is, indeed, classed as small-pox, and not a separate disease; but as this is not the place to discuss such questions, and as we profess to give only facts, the result of our own practical experience, we shall treat this affection of glass-pox or chicken-pox, as we ourselves have found it, as a distinct and separate disease.

2539. Chicken-pox is marked by all the febrile symptoms presented by small-pox, with this difference, that, in the case of chicken-pox, each symptom is particularly slight. The heat of body is much less acute, and the principal symptoms are difficulty of breathing, headache, coated tongue, and nausea, which sometimes amounts to vomiting. After a term of general irritability, heat, and restlessness, about the fourth day, or between the third and fourth, an eruption makes its appearance over the face, neck, and body, in its first two stages closely resembling small-pox, with this especial difference, that whereas the pustules in small-pox have *flat* and *depressed* centres—an infallible characteristic of small-pox—the pustules in chicken-pox remain *globular*, while the fluid in them changes from a transparent white to a straw-coloured liquid, which begins to exude and disappear about the eighth or ninth day, and, in mild cases, by the twelfth desquamates, or peels off entirely.

2540. There can be no doubt that chicken-pox, like small-pox, is contagious, and under certain states of the atmosphere becomes endemic. Parents should, therefore, avoid exposing young children to the danger of infection by taking them where it is known to exist, as chicken-pox, in weakly constitutions, or in very young children, may superinduce small-pox, the one disease either running concurrently with the other, or discovering itself as the other declines. This,

of course, is a condition that renders the case very hazardous, as the child has to struggle against two diseases at once, or before it has recruited strength from the attack of the first.

2541. *Treatment.*—In all ordinary cases of chicken-pox—and it is very seldom it assumes any complexity—the whole treatment resolves itself into the use of the warm bath, and a course of gentle aperients. The bath should be used when the oppression of the lungs renders the breathing difficult, or the heat and dryness of the skin, with the undeveloped rash beneath the surface, shows the necessity for its use.

2542. As the pustules in chicken-pox very rarely run to the state of suppuration, as in the other disease, there is no fear of *pitting* or disfigurement, except in very severe forms, which, however, happen so seldom as not to merit apprehension. When the eruption subsides, however, the face may be washed with elder-flower water, and the routine followed which is prescribed in the convalescent state of small-pox.

2543. COW-POX, properly speaking, is an artificial disease, established in a healthy body as a prophylactic, or preventive agent, against the more serious attack of small-pox, and is merely that chain of slight febrile symptoms and local irritation, consequent on the specific action of the lymph of the vaccination, in its action on the circulating system of the body. This is not the place to speak of the benefits conferred on mankind by the discovery of vaccination, not only as the preserver of the human features from a most loathsome disfigurement, but as a sanitary agent in the prolongation of life.

2544. Fortunately the State has now made it imperative on all parents to have their children vaccinated before, or by the end of, the twelfth week; thus doing away, as far as possible, with the danger to public health proceeding from the ignorance or prejudice of those parents whose want of information on the subject makes them object to the employment of this specific preventive; for though vaccination has been proved *not* to be *always* an infallible guard against small-pox, the attack is always much lighter, should it occur, and is seldom, if indeed *ever*, fatal after the precaution of vaccination. The best time to vaccinate a child is after the sixth and before the twelfth week, if it is in perfect health, but still earlier if small-pox is prevalent, and any danger exists of the infant taking the disease. It is customary, and always advisable, to give the child a mild aperient powder one or two days before inserting the lymph in the arm; and should measles, scarlet fever, or any other disease arise during the progress of the pustule, the child, when recovered, should be *re-vaccinated*, and the lymph taken from its arm on no account used for vaccinating purposes.

2545. The disease of cow-pox generally takes twenty days to complete its course; in other words, the maturity and declension of the pustule takes that

time to fulfil its several changes. The mode of vaccination is either to insert the matter, or lymph, taken from a healthy child, under the cuticle in several places on both arms, or, which is still better, to make three slight scratches, or abrasions, with a lancet on one arm in this manner, " " " and work into the irritated parts the lymph, allowing the arm to dry thoroughly before putting down the infant's sleeve; by this means absorption is insured, and the unnecessary pain of several pustules on both arms avoided. No apparent change is observable by the eye for several days; indeed, not till the fourth, in many cases, is there any evidence of a vesicle; about the fifth day, however, a pink areola, or circle, is observed round one or all of the places, surrounding a small pearly vesicle or bladder. This goes on deepening in hue till the seventh or eighth day, when the vesicle is about an inch in diameter, with a depressed centre; on the ninth the edges are elevated, and the surrounding part hard and inflamed. The disease is now at its height, and the pustule should be opened, if not for the purpose of vaccinating other children, to allow the escape of the lymph, and subdue the inflammatory action. After the twelfth day the centre is covered by a brown scab, and the colour of the swelling becomes darker, gradually declining in hardness and colour till the twentieth, when the scab falls off, leaving a small pit, or cicatrix, to mark the seat of the disease, and for life prove a certificate of successful vaccination.

2546. In some children the inflammation and swelling of the arm is excessive, and extremely painful, and the fever, about the ninth or tenth day, very high; the pustule, therefore, at that time, should sometimes be opened, the arm fomented every two hours with a warm bread poultice, and an aperient powder given to the infant.

MEASLES AND SCARLET FEVER, WITH THE TREATMENT OF BOTH.

Measles.

2547. THIS much-dreaded disease, which forms the next subject in our series of infantine diseases, and which entails more evils on the health of childhood than any other description of physical suffering to which that age of life is subject, may be considered more an affection of the venous circulation, tending to general and local congestion, attended with a diseased condition of the blood, than either as a fever or an inflammation; and though generally classed before or after scarlet fever, is, in its pathology and treatment, irrespective of its after-consequences, as distinct and opposite as one disease can well be from another.

2548. As we have already observed, measles are always characterized by the running at the nose and eyes, and great oppression of breathing; so, in the mode of treatment, two objects are to be held especially in view; first, to

unload the congested state of the lungs,—the cause of the oppressed breathing ; and, secondly, to act vigorously, both during the disease and afterwards, on the bowels. At the same time it cannot be too strongly borne in mind, that though the patient in measles should on no account be kept unduly hot, more care than in most infantine complaints should be taken to guard the body from *cold*, or any abrupt changes of temperature. With these special observations, we shall proceed to give a description of the disease, as recognized by its usual—

2549. *Symptoms*, which commence with cold chills and flushes, lassitude, heaviness, pain in the head, and drowsiness, cough, hoarseness, and extreme difficulty of breathing, frequent sneezing, defluention or running at the eyes and nose, nausea, sometimes vomiting, thirst, a furred tongue ; the pulse throughout is quick, and sometimes full and soft, at others hard and small, with other indications of an inflammatory nature.

2550. On the third day, small red points make their appearance, first on the face and neck, gradually extending over the upper and lower part of the body. On the fifth day, the vivid red of the eruption changes into a brownish hue ; and, in two or three days more, the rash entirely disappears, leaving a loose powdery desquamation on the skin, which rubs off like dandruff. At this stage of the disease a diarrhoea frequently comes on, which, being what is called "critical," should never be checked, unless seriously severe. Measles sometimes assume a typhoid or malignant character, in which form the symptoms are all greatly exaggerated, and the case from the first becomes both doubtful and dangerous. In this condition the eruption comes out sooner, and only in patches ; and often, after showing for a few hours, suddenly recedes, presenting, instead of the usual florid red, a dark purple or blackish hue ; a dark brown fur forms on the gums and mouth, the breathing becomes laborious, delirium supervenes, and, if unrelieved, is followed by coma ; a fetid diarrhoea takes place, and the patient sinks under the congested state of the lungs and the oppressed functions of the brain.

2551. The unfavourable symptoms in measles are a high degree of fever, the excessive heat and dryness of the skin, hurried and short breathing, and a particularly hard pulse. The sequela, or after-consequences, of measles are, croup, bronchitis, mesenteric disease, abscesses behind the ear, ophthalmia, and glandular swellings in other parts of the body.

2552. *Treatment*.—In the first place, the patient should be kept in a cool room, the temperature of which must be regulated to suit the child's feelings of comfort, and the diet adapted to the strictest principles of abstinence. When the inflammatory symptoms are severe, bleeding, in some form, is often necessary, though, when adopted, it must be in the *first stage* of the disease ; and, if the lungs are the apprehended seat of the inflammation, two or more leeches, according to the age and strength of the patient, must be applied to

the upper part of the chest, followed by a small blister; or the blister may be substituted for the leeches, the attendant bearing in mind, that the benefit effected by the blister can always be considerably augmented by plunging the feet into very hot water about a couple of hours after applying the blister, and kept in the water for about two minutes. And let it further be remembered, that this immersion of the feet in hot water may be adopted at any time or stage of the disease; and that, whenever the *head* or *lungs* are oppressed, relief will *always* accrue from its sudden and brief employment. When the symptoms commence with much shivering, and the skin early assumes a hot, dry character, the appearance of the rash will be facilitated, and all the other symptoms rendered milder, if the patient is put into a warm bath, and kept in the water for about three minutes. Or, where that is not convenient, the following process, which will answer quite as well, can be substituted:—Stand the child, naked, in a tub, and, having first prepared several jugs of sufficiently warm water, empty them, in quick succession, over the patient's shoulders and body; immediately wrap in a hot blanket, and put the child to bed till it rouses from the sleep that always follows the effusion or bath. This agent, by lowering the temperature of the skin, and opening the pores, producing a natural perspiration, and unloading the congested state of the lungs, in most cases does away entirely with the necessity both for leeches and a blister. Whether any of these external means have been employed or not, the first internal remedies should commence with a series of aperient powders and a saline mixture, as prescribed in the following formularies; at the same time, as a beverage to quench the thirst, let a quantity of barley-water be made, slightly acidulated by the juice of an orange, and partially sweetened by some sugar-candy; and of which, when properly made and cold, let the patient drink as often as thirst, or the dryness of the mouth, renders necessary.

2553. *Aperient Powders*.—Take of scammony and jalap, each 24 grains; grey powder and powdered antimony, each 18 grains. Mix and divide into 12 powders, if for a child between two and four years of age; into 8 powders, if for a child between four and eight years of age; and into 6 powders for between eight and twelve years. One powder to be given, in a little jelly or sugar-and-water, every three or four hours, according to the severity of the symptoms.

2554. *Saline Mixture*.—Take of mint-water, 6 ounces; powdered nitre, 20 grains; antimonial wine, 3 drachms; spirits of nitre, 2 drachms; syrup of saffron, 2 drachms. Mix. To children under three years, give a teaspoonful every two hours; from that age to six, a dessertspoonful at the same times; and a tablespoonful every three or four hours to children between six and twelve.

2555. The object of these aperient powders is to keep up a steady but gentle action on the bowels; but, whenever it seems necessary to administer a stronger dose, and effect a brisk action on the digestive organs,—a course

particularly imperative towards the close of the disease,—two of those powders given at once, according to the age, will be found to produce that effect; and is, two of the twelve for a child under four years, and two of the eight, and two of the six, according to the age of the patient.

2556. When the difficulty of breathing becomes oppressive, as it generally does towards night, a hot bran poultice, laid on the chest, will be always found highly beneficial. The diet throughout must be light, and consist of farinaceous food, such as rice and sago puddings, beef-tea and toast; and until convalescence sets in should hard or animal food be given.

2557. When measles assume the malignant form, the advice just given must be broken through; food of a nutritious and stimulating character should be at once substituted, and administered in conjunction with wine, and even spirits, and the disease regarded and treated as a case of typhus. But, as this form of measles is not frequent, and, if occurring, hardly likely to be treated without assistance, it is unnecessary to enter on the minutiae of its practice here. What we have prescribed, in almost all cases, will be found sufficient to meet every emergency, without resorting to a multiplicity of agents.

2558. The great point to remember in measles is, not to give up the treatment with the apparent subsidence of the disease, as the *after-consequences* of measles are too often *more serious*, and to be more dreaded, than the measles themselves. To guard against this danger, and thoroughly purify the system, after the subsidence of all the symptoms of the disease, a corrective course of medicine, and a regimen of exercise, should be adopted for some weeks after the cure of the disease. To effect this, an active aperient powder should be given every three or four days, with a daily dose of the subjoined tonic mixture, with as much exercise, by walking, running after a hoop, or other bodily exertion, as the strength of the child and the state of the atmosphere will admit, the patient being, wherever possible, removed to a purer air as soon as convalescence warrants the change.

2559. *Tonic Mixture*.—Take of infusion of rose-leaves, 6 ounces; quinine, 8 grains; diluted sulphuric acid, 15 drops. Mix. Dose, from half a tea-spoonful up to a dessertspoonful, once a day, according to the age of the patient.

Scarlatina, or Scarlet Fever.

2560. Though professional accuracy has divided this disease into several forms, we shall keep to the one disease most generally met with, the common or simple scarlet fever, which, in all cases, is characterized by an excessive heat on the skin, sore throat, and a peculiar speckled appearance of the tongue.

2561. *Symptoms*.—Cold chills, shivering, nausea, thirst, hot skin, quick pulse, with difficulty of swallowing; the tongue is coated, presenting through

HOME PETS.

There are but few amongst us, it may be asserted, who are indifferent to the pleasure of keeping pets." Almost every one has in his home, or homestead, some furred or feathered favourites, which tend to his enjoyment and demand his care. The love of possession and dominion is, doubtless, at the bottom of the attention and wealth lavished on various creatures which may, with but a little strain of language, be considered as pets. For it is not enough that we *hear* the lark, "the messenger of morn," carolling at heaven's gate; we *see* the crimson-breasted, flame-crested pipers and warblers darting and flashing in sunlight; the timid rabbit rush, frightened, to its prolific warren; or the gold-fish freely swimming and steering in its native pool. We want more than this; we must possess these birds, beasts, and fishes, have dominion and control over them, and call them *ours*. How beautifully *my* blackbird sings! how elegantly *my* pigeons gambol about and sail through the air! how velvety is *my* spaniel's coat! and what a lot of eggs *my* hens lay!—is what we aspire to say, being content only with absolute ownership. Tastes naturally differ as to the *kind* of pet which is best. There is a wide field for selection. Fowls and Poultry; Blackbirds, Thrushes, Finches, Canaries; Parrots, Macaws, Lories, and many others, each with its pretty peculiarity, all with ample claim to be "petted." In

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Then there comes he for whom the present work is intended; who has all the industry, all the desire to emulate these horticultural notabilities, and become his own gardener, but has yet to learn *how*. It will be the object and desire of the contributors to the "**BOOK OF GARDEN MANAGEMENT**" to instruct the uninitiated possessor of a garden, so that he may know how to cultivate his own plot of ground, and know also when he is well served by his gardener; to initiate the young operative gardener, likewise, into the mysteries of nature, whose agent he is to become, and teach him, as far as written directions can teach, the manipulative as well as the scientific methods of his art.

Gardening, properly managed, is a source of income to thousands, and of healthful recreation to other thousands. Besides the gratification it affords, the inexhaustible field it opens up for observation and experiment commends its interesting practice to every one possessed of a real English home.

It is well known that the operative gardener is too seldom trained to gardening as a profession. He is thus principally dependent on such works as the book about to be published for his knowledge of the science of his art. Impressed with this fact, the contributors are desirous of rendering their work as plain, practical, and useful as possible to their less experienced brethren.

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WITH A HISTORY OF THE ORIGIN, PROPERTIES, AND USES OF ALL THINGS CONNECTED WITH HOME LIFE AND COMFORT.

EDITED BY

MRS. ISABELLA BEETON.

*Nothing lovelier can be found
In Woman, than to study household good.*—MILTON.

FOR many years a very widely-entertained opinion has been expressed relative to the extreme value of all kinds of knowledge connected with the various branches of "Household Management." Complaints, too, have been pretty general that Cookery-Books, and all such works as have a special reference to Domestic affairs, have shown material defects in the manner in which they have been treated. For instance, it has been observed that the recipes for the various dishes to be cooked, are given without stating the precise proportions of the ingredients of which they are to be composed; that the recipes are encumbered with scientific and technical terms, without any attempt being made to explain them; that the information they would give is conveyed in a style by far too confused to be useful; and that, as a whole, they are too extravagant to be, in the slightest degree, available to those who are intrusted with the Management of a Household. The price of the works themselves, too, is usually so high, that they can be accessible only to a few; so that, even if they were free from the defects complained of, they would still be out of the reach of the great body of those to whom such books, nowadays, must be considered, almost, as a necessity. On the other hand, it has been found that the cheap works which have been issued on the same subject, are mere *réchauffés*, or, to speak characteristically, "hashes," of old recipe-books, made up for sale, rather than use, discovering no practical experience of their subject, no improvement in the arrangement or elucidation of their matter, and no

originality of idea whatever. Consequently, both classes of works have been deservedly considered useless.

To obviate these defects, so justly regretted, "BEETON'S BOOK OF HOUSEHOLD MANAGEMENT" has been produced. It conveys clear, direct, and definite information on every department of the Household. In that of Cooking, no recipe is given which has not been tried or tested either by the Editress herself, or by her confidential friends and correspondents. Of the number and variety of the recipes some idea may be formed, when it is stated, that through Mrs. Beeton's connection with the "Englishwoman's Domestic Magazine," many hundreds of ladies in Great Britain and Ireland placed at her disposal such a collection of "FACTS" relative to Domestic Economy, as have never before been brought together to enrich the pages of any similar work.

It is not alone, however, to the Mistresses of the Cottage and the Mansion that "BEETON'S BOOK OF HOUSEHOLD MANAGEMENT" will prove an invaluable boon. Whilst to these, every kind of fish, flesh, fowl, fruit, and vegetable, is shown when in season, so as to make a choice for the dinner of every day easy, the COOK is instructed how to dress, in the best and cheapest manner, all the various viands submitted to her care. The HOUSEMAID is taught how to do her portion of the work in the way that will be found the readiest for herself and the most likely to please her mistress. The KITCHEN-MAID has her duties faithfully pointed out. The LAUNDRY-MAID hers; whilst the NURSE-MAID is initiated into the art of managing her own "dear little family," not only with satisfaction to her mistress, but with pleasure to herself. Nor have the BUTLER and his pantry, the COACHMAN and his carriage, the FOOTMAN and his table, or the VALET and his wardrobe been forgotten. [The GARDENER and his kitchen plot it has been found impossible properly to dispose of within the limits of this present work. A volume, now in course of publication, will treat of all matters relative to the Garden and its Management.] If, however, the domestics are few, and a MAID-OF-ALL-WORK is the only servant in a House, then will the Mistress, from the directions laid down, find it easy to utilize her services, not only for the general advantage of the household, but for that of the Maid herself. In addition to these particulars, is given a plain treatise, specially devoted to the "MANAGEMENT OF CHILDREN," and "WHAT TO DO" in the event of ACCIDENTS and EMERGENCIES.

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its fur innumerable specks, the elevated papillæ of the tongue, which gives it the speckled character, that, if not the invariable sign of scarlet fever, is only met with in cases closely analogous to that disease. Between the *second* and *third* day, but most frequently on the *third*, a bright red efflorescence breaks out in patches on the face, neck, and back, from which it extends over the trunk and extremities, always showing thicker and deeper in colour wherever there is any pressure, such as the elbows, back, and hips; when the eruption is well out, the skin presents the appearance of a boiled lobster-shell. At first, the skin is smooth, but, as the disease advances, perceptible roughness is apparent, from the elevation of the rash, or, more properly, the pores of the skin. On the *fifth* and *sixth* days the eruption begins to decline, and by the *eighth* has generally entirely disappeared. During the whole of this period, there is, more or less, constant sore throat.

2561. The *Treatment* of scarlet fever is, in general, very simple. Where the heat is great, and the eruption comes out with difficulty, or recedes as soon as it appears, the body should be sponged with cold vinegar-and-water, or tepid water, as in measles, poured over the chest and body, the patient being, as in that disease, wrapped in a blanket and put to bed, and the same powders and mixture ordered in measles administered, with the addition of a constant hot bran poultice round the throat, which should be continued from the first symptom till a day or two after the declension of the rash. The same low diet and cooling drink, with the same general instructions, are to be obeyed in this as in the former disease.

2563. When the fever runs high in the first stage, and there is much nausea, before employing the effusions of water, give the patient an emetic, of equal parts of ipecacuanha and antimonial wine, in doses of from a teaspoonful to a tablespoonful, according to age. By these means, nine out of every ten cases of scarlatina may be safely and expeditiously cured, especially if the temperature of the patient's room is kept at an even standard of about sixty degrees.

HOOPING-COUGH, CROUP, AND DIARRHŒA, WITH THEIR MODE OF TREATMENT.

Hooping-Cough.

2564. THIS is purely a spasmodic disease, and is only infectious through the faculty of imitation, a habit that all children are remarkably apt to fall into; and even where adults have contracted hooping-cough, it has been from the same cause, and is as readily accounted for, on the principle of imitation, as that the gaping of one person will excite or predispose a whole party to follow the same spasmodic example. If any one associates for a few days with a person who stammers badly, he will find, when released from his

company, that the sequence of his articulation and the frozney of his speech are, for a time, gone; and it will be a matter of constant vigilance, and some difficulty, to overcome the evil of so short an association. The manner in which a number of school-girls will, one after another, fall into a fit on beholding one of their number attacked with epilepsy, must be familiar to many. These several facts lead us to a juster notion of how to treat this spasmodic disease. Every effort should, therefore, be directed, mentally and physically, to break the chain of nervous action, on which the continuance of the cough depends.

2565. *Symptoms.*—Hooping-cough comes on with a slight oppression of breathing, thirst, quick pulse, hoarseness, and a hard, dry cough. This state may exist without any change from one to two or three weeks before the peculiar feature of the disease—the *hoop*—sets in. As the characteristics of this cough are known to all, it is unnecessary to enter here, physiologically, on the subject. We shall, therefore, merely remark that the frequent vomiting and bleeding at the mouth or nose are favourable signs, and proceed to the

2566. *Treatment*, which should consist in keeping up a state of nausea and vomiting. For this purpose, give the child doses of ipecacuanha and antimonial wines, in equal parts, and quantities varying from half to one and a half teaspoonful once a day, or, when the expectoration is hard and difficult of expulsion, giving the following cough mixture every four hours. Take of

Syrup of squills	$\frac{1}{2}$ ounce.
Antimonial wine	1 ounce.
Laudanum	15 drops.
Syrup of Toulou	2 drachms.
Water	$1\frac{1}{2}$ ounce.

Mix. The dose is from half a spoonful to a dessertspoonful. When the cough is urgent, the warm bath is to be used, and either one or two leeches applied over the breastbone, or else a small blister laid on the lower part of the throat.

2567. Such is the medical treatment of hooping-cough; but there is a moral regimen, based on the nature of the disease, which should never be omitted. And, on the principle that a sudden start or diversion of the mind will arrest a person in the act of sneezing or gaping, so the like means should be adopted with the hooping-cough patient; and, in the first stage, before the *hooping* has been added, the parent should endeavour to break the paroxysm of the cough by abruptly attracting the patient's attention, and thus, if possible, preventing the cough from reaching that height when the ingulp of air gives the hoop or crow that marks the disease; but when once that symptom has set in, it becomes still more necessary to endeavour, by even measures of intimidation, to break the spasmodic chain of the cough. Exercise in the open air, when dry, is also requisite, and change of scene and air in all cases is of absolute necessity, and may be adopted at any stage of the disease.

Croup.

2568. THIS is by far the most formidable and fatal of all the diseases to which infancy and childhood are liable, and is purely an inflammatory affection, attacking that portion of the mucous membrane lining the windpipe and bronchial tubes, and from the effect of which a false or loose membrane is formed along the windpipe, resembling in appearance the finger of a glove suspended in the passage, and, consequently, terminating the life of the patient by suffocation; for, as the lower end grows together and becomes closed, no air can enter the lungs, and the child dies choked. All dull, fat, and heavy children are peculiarly predisposed to this disease, and those with short necks and who make a wheezing noise in their natural breathing. Croup is always sudden in its attack, and rapid in its career, usually proving fatal within three days; most frequently commences in the night, and generally attacking children between the ages of three and ten years. Mothers should, therefore, be on their guard who have children predisposed to this disease, and immediately resort to the means hereafter advised.

2569. *Symptoms.*—Languor and restlessness, hoarseness, wheezing, and short, dry cough, with occasional rattling in the throat during sleep, the child often plucking at its throat with its fingers; difficulty of breathing, which quickly becomes hard and laboured, causing great anxiety of the countenance, and the veins of the neck to swell and become knotted; the voice in speaking acquires a sharp, crowing, or croupy sound, while the inspirations have a harsh, metallic intonation. After a few hours, a quantity of thick, ropy mucus is thrown out, hanging about the mouth, and causing suffocating fits of coughing to expel.

2570. *Treatment.*—Place the child immediately in a hot bath up to the throat; and, on removal from the water, give an emetic of the antimonial or ipecacuanha wine, and, when the vomiting has subsided, lay a long blister down the front of the throat, and administer one of the following powders every twenty minutes to a child from three to six years of age.

2571. Take of calomel, 12 grains; tartar emetic, 2 grains; lump sugar, 30 grains. Mix accurately, and divide into 12 powders. For a child from six to twelve years, divide into 6 powders, and give one every half-hour.

2572. Should the symptoms remain unabated after a few hours, apply one or two leeches to the throat, and put mustard poultices to the feet and thighs, retaining them about eight minutes; and, in extreme cases, a mustard poultice to the spine between the shoulders, and at the same time rub mercurial ointment into the armpits and the angles of the jaws.

2573. Such is a vigorous and reliable system of treatment in severe cases of croup; but, in the milder and more general form, the following abridgment

will, in all probability, be all that will be required:—First, the hot bath; second, the emetic; third, a mustard plaster round the throat for five minutes; fourth, the powders; fifth, another emetic in six hours, if needed; and the powders continued without intermission while the urgency of the symptoms continues. When relief has been obtained, these are to be discontinued, and a dose of senna tea given to act on the bowels.

Diarrhœa.

2574. THE diarrhœa with which children are so frequently affected, especially in infancy, should demand the nurse's immediate attention, and when the secretion, from its clayey colour, indicates an absence of bile, a powder composed of 3 grains of grey powder and 1 grain of rhubarb, should be given twice, with an interval of four hours between each dose, to a child from one to two years, and, a day or two afterwards, an aperient powder containing the same ingredients and quantities, with the addition of 2 or 3 grains of scammony. For the relaxation consequent on an overloaded stomach, or acidity in the bowels, a little magnesia dissolved in milk should be employed two or three times a day.

2575. When much griping and pain attend the diarrhœa, half a teaspoonful of Dalby's Carminative (the best of all patent medicines) should be given, either with or without a small quantity of castor oil to carry off the exciting cause.

2576. For any form of diarrhœa that, by excessive action, demands a speedy correction, the most efficacious remedy that can be employed in all ages and conditions of childhood is the tincture of Kino, of which from 10 to 30 drops, mixed with a little sugar and water in a spoon, are to be given every two or three hours till the undue action has been checked. Often the change of diet to rice, milk, eggs, or the substitution of animal for vegetable food, or *vice versâ*, will correct an unpleasant and almost chronic state of diarrhœa.

2577. A very excellent carminative powder for flatulent infants may be kept in the house, and employed with advantage, whenever the child is in pain or griped, by dropping 5 grains of oil of aniseed and 2 of peppermint on half an ounce of lump sugar, and rubbing it in a mortar, with a drachm of magnesia, into a fine powder. A small quantity of this may be given in a little water at any time, and always with benefit.

THE DOCTOR.

CHAPTER XLIII.

257S. "TIME," according to the old proverb, "is money;" and it may also, in many cases, and with equal truthfulness, be said to be life; for a few moments, in great emergencies, often turn the balance between recovery and death. This applies more especially to all kinds of poisoning, fits, submersion in water, or exposure to noxious gases; and many accidents. If people knew how to act during the interval that must necessarily elapse from the moment that a medical man is sent for until he arrives, many lives might be saved, which now, unhappily, are lost. Generally speaking, however, nothing is done—all is confusion and fright; and the surgeon, on his arrival, finds that death has already seized its victim, who, had his friends but known a few rough rules for their guidance, might have been rescued. We shall, therefore, in a series of papers, give such information as to the means to be employed in event of accidents, injuries, &c., as, by the aid of a gentleman of large professional experience, we are warranted in recommending.

List of Drugs, &c., necessary to carry out all Instructions.

2579. We append at once a LIST OF DRUGS, &c., and a few PRESCRIPTIONS necessary to carry out all the instructions given in this series of articles. It will be seen that they are few—they are not expensive; and by laying in a little stock of them, our instructions will be of instant value in all cases of accident, &c.—The drugs are—Antimonial Wine. Antimonial Powder. Blister Compound. Blue Pill. Calomel. Carbonate of Potash. Compound Iron Pills. Compound Extract of Colocynth. Compound Tincture of Camphor. Epsom Salts. Goulard's Extract. Jalap in Powder. Linseed Oil. Myrrh and Aloes Pills. Nitre. Oil of Turpentine. Opium, powdered, and Laudanum. Sal Ammoniac. Senna Leaves. Soap Liniment, Opodeldoc. Sweet Spirits of Nitre. Turner's Cerate.—To which should be added: Common Adhesive Plaster. Isinglass Plaster. Lint. A pair of small Scales with Weights. An ounce and a drachm Measure-glass. A Lancet. A Probe. A pair of Forceps, and some curved Needles.

2580. The following PRESCRIPTIONS may be made up for a few shillings; and, by keeping them properly labelled, and by referring to the remarks on

the treatment of any particular case, much suffering, and, perhaps, some lives, may be saved.

2581. *Draught*.—Twenty grains of sulphate of zinc in an ounce and a half of water. This draught is to be repeated in a quarter of an hour if vomiting does not take place.

2582. *Clyster*.—Two tablespoonfuls of oil of turpentine in a pint of warm gruel.

2583. *Liniments*.—1. Equal parts of lime-water and linseed-oil well mixed together. [Lime-water is made thus: Pour 6 pints of boiling water upon $\frac{1}{4}$ lb. of lime; mix well together, and when cool, strain the liquid from off the lime which has fallen to the bottom, taking care to get it as clear as possible.] 2. Compound camphor liniment.

2584. *Lotions*.—1. Mix a dessert-spoonful of Goulard's extract and 2 tablespoonfuls of vinegar in a pint of water.—2. Mix $\frac{1}{2}$ oz. of sal-ammoniac, 2 tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water.

2585. *Goulard Lotion*.—1 drachm of sugar of lead, 2 pints of rain-water, 2 teaspoonfuls of spirits of wine. For inflammation of the eyes or elsewhere:—The better way of making Goulard Lotion, if for the eyes, is to add to 6 oz. of distilled water, or water that has been well boiled, 1 drachm of the extract of lead.

2586. *Opodeldoc*.—This lotion being a valuable application for sprains, lumbago, weakness of joints, &c., and it being difficult to procure either pure or freshly made, we give a recipe for its preparation. Dissolve 1 oz. of camphor in a pint of rectified spirits of wine; then dissolve 4 oz. of hard white Spanish soap, scraped thin, in 4 oz. of oil of rosemary, and mix them together.

2587. *The Common Black Draught*.—Infusion of senna 10 drachms; Epsom salts 10 drachms; tincture of senna, compound tincture of cardamums, compound spirit of lavender, of each 1 drachm. Families who make black draught in quantity, and wish to preserve it for some time without spoiling, should add about 2 drachms of spirits of hartshorn to each pint of the strained mixture, the use of this drug being to prevent its becoming mouldy or decomposed. A simpler and equally efficacious form of black draught is made by infusing $\frac{1}{2}$ oz. of Alexandrian senna, 3 oz. of Epsom salts, and 2 drachms of bruised ginger and coriander-seeds, for several hours in a pint of boiling water, straining the liquor, and adding either 2 drachms of sal-volatile or spirits of hartshorn to the whole, and giving 3 tablespoonfuls for a dose to an adult.

2588. *Mixtures*.—1. *Aperient*.—Dissolve an ounce of Epsom salts in half a pint of senna tea: take a quarter of the mixture as a dose, and repeat it in three or four hours if necessary.

2589. 2. *Fever Mixture*.—Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre, in half a pint of water.

2590. 3. *Myrrh and Aloes Pills*.—Ten grains made into two pills are the dose for a full-grown person.

2591. 4. *Compound Iron Pills*.—Dose for a full-grown person: 10 grains made into two pills,

2592. *Pills*.—1. Mix 5 grains of calomel and the same quantity of antimonial powder with a little bread-crumbs, and make into two pills. Dose for a full-grown person: two pills.—2. Mix 5 grains of blue pill and the same quantity of compound extract of colocynth together, and make into two pills, the dose for a full-grown person.

2593. *Powders*.—Mix a grain of calomel and 4 grains of powdered jalap together.

2594. In all cases, the dose of medicines given is to be regulated by the age of the patient.

2595. *Abernethy's Plan for making a Bread-and-Water Poultrice*.—First scald out a basin; then having put in some boiling water, throw in coarsely-crumbled bread, and cover it with a plate. When the bread has soaked up as much water as it will imbibe, drain off the remaining water, and there will be left a light pulp. Spread it a third of an inch thick on folded linen, and apply it when of the temperature of a warm bath. To preserve it moist, occasionally drop warm water on it.

2596. *Linseed-Meal Poultrice*.—"Scald your basin, by pouring a little hot water into it; then put a small quantity of finely-ground linseed-meal into the basin, pour a little hot water on it, and stir it round briskly until you have well incorporated them; add a little more meal and a little more water; then stir it again. Do not let any lumps remain in the basin, but stir the poultrice well, and do not be sparing of your trouble. What you do next, is to take as much of it out of the basin as you may require, lay it on a piece of soft linen, and let it be about a quarter of an inch thick."—*Abernethy*.

2597. *Mustard Poultrice*.—Mix equal parts of dry mustard and linseed-meal in warm vinegar. When the poultrice is wanted weak, warm water may be used for the vinegar; and when it is required very strong, mustard alone, without any linseed-meal, is to be mixed with warm vinegar.

2598. *An ordinary Blister*.—Spread a little blister compound on a piece of common adhesive plaster with the right thumb. It should be put on just thickly enough to conceal the appearance of the plaster beneath. The part from which a blister has been taken should be covered till it heals over with soft linen rags smeared with lard.

Baths and Fomentations.

2599. All fluid applications to the body are exhibited either in a hot or cold form ; and the object for which they are administered is to produce a stimulating effect over the entire, or a part, of the system ; for the effect, though differently obtained, and varying in degree, is the same in principle, whether procured by hot or cold water.

2600. *Heat*.—There are three forms in which heat is universally applied to the body,—that of the tepid, warm, and vapour bath ; but as the first is too inert to be worth notice, and the last dangerous and inapplicable, except in public institutions, we shall confine our remarks to the really efficacious and always attainable one—the

2601. *Warm and Hot Bath*.—These baths are used whenever there is congestion, or accumulation of blood in the internal organs, causing pain, difficulty of breathing, or stupor, and are employed, by their stimulating property, to cause a rush of blood to the surface, and, by unloading the great organs, produce a temporary inflammation in the skin, and so equalize the circulation. The effect of the hot bath is to increase the fulness of the pulse, accelerate respiration, and excite perspiration. In all inflammations of the stomach and bowels, the hot bath is of the utmost consequence ; the temperature of the warm bath varies from 92° to 100°, and may be obtained by those who have no thermometer to test the exact heat, by mixing one measure of boiling with two of cold water.


2602. *Fomentations* are generally used to effect, in a part, the benefit produced on the whole body by the bath ; to which a sedative action is occasionally given by the use of roots, herbs, or other ingredients ; the object being to relieve the internal organ, as the throat, or muscles round a joint, by exciting a greater flow of blood to the skin over the affected part. As the real agent of relief is heat, the fomentation should always be as hot as it can comfortably be borne, and, to insure effect, should be repeated every half-hour. Warm fluids are applied in order to render the swelling which accompanies inflammation less painful, by the greater readiness with which the skin yields, than when it is harsh and dry. They are of various kinds ; but the most simple, and oftentimes the most useful, that can be employed, is “Warm Water.” Another kind of fomentation is composed of dried poppyheads, 4 oz. Break them to pieces, empty out the seeds, put them into 4 pints of water, boil for a quarter of an hour, then strain through a cloth or sieve, and keep the water for use. Or, chamomile flowers, hemlock, and many other plants, may be boiled, and the part fomented with the hot liquor, by means of flannels wetted with the decoction.

2603. *Cold*, when applied in excess to the body, drives the blood from the surface to the centre, reduces the pulse, makes the breathing hard and difficult, produces coma, and, if long continued, death. But when medicinally used, it excites a reaction on the surface equivalent to a stimulating effect ; as in some

cases of fever, when the body has been sponged with cold water, it excites, by reaction, increased circulation on the skin. Cold is sometimes used to keep up a repellent action, as, when local inflammation takes place, a remedy is applied, which, by its benumbing and astringent effect, causes the blood, or the excess of it in the part, to recede, and, by contracting the vessels, prevents the return of any undue quantity, till the affected part recovers its tone. Such remedies are called *Lotions*, and should, when used, be applied with the same persistency as the fomentation; for, as the latter should be renewed as often as the heat passes off, so the former should be applied as often as the heat from the skin deprives the application of its cold.

2604. *Poultices* are only another form of fomentation, though chiefly used for abscesses. The ingredient best suited for a poultice is that which retains heat the longest; of these ingredients, the best are linseed-meal, bran, and bread. Bran sewed into a bag, as it can be reheated, will be found the cleanest and most useful; especially for sore throats.

How to Bleed.

2605. In cases of great emergency, such as the strong kind of apoplexy, and when a surgeon cannot possibly be obtained for some considerable time, the life of the patient depends almost entirely upon the fact of his being bled or not. We therefore give instructions how the operation of bleeding is to be performed, but caution the reader only to attempt it in cases of the greatest emergency. Place a handkerchief or piece of tape rather but not too tightly round the arm, about three or four inches above the elbow. This will cause the veins below to swell and become very evident. If this is not sufficient, the hand should be constantly and quickly opened and shut for the same purpose. There will now be seen, passing up the middle of the fore-arm, a vein which, just below the bend of the elbow, sends a branch inwards and outwards, each branch shortly joining another large vein. It is from the *outer* branch that the person is to be bled. The right arm is the one mostly operated on. The operator should take the lancet in his right hand, between the thumb and first finger, place the thumb of his left hand on the vein below the part where he is going to bleed from, and then gently thrust the tip of the lancet into the vein, and, taking care not to push it too deeply, cut in a gently curved direction, thus  and bring it out, point upwards, at about half an inch from the part of the vein into which he had thrust it. The vein must be cut lengthways, and not across. When sufficient blood has been taken away, remove the bandage from above the elbow, and place the thumb of the left hand firmly over the cut, until all the bleeding ceases. A small pad of lint is then to be put over the cut, with a larger pad over it, and the two kept in their places by means of a handkerchief or linen roller bound pretty tightly over them and round the arm.

2606. When a person is bled, he should always be in the standing, or at any rate in the sitting, position; for if, as is often the case, he should happen to

faint, he can, in most cases at least, easily be brought to again by the operator placing him flat on his back, and stopping the bleeding. *This is of the greatest importance.* It has been recommended, for what supposed advantages we don't know, to bleed people when they are lying down. Should a person, under these circumstances, faint, what could be done to bring him to again? The great treatment of lowering the body of the patient to the flat position cannot be followed here. It is in that position already, and cannot be placed lower than it at present is—except, as is most likely to be the case, under the ground.

2607. BLEEDING FROM THE NOSE.—Many children, especially those of a sanguineous temperament, are subject to sudden discharges of blood from some part of the body; and as all such fluxes are in general the result of an effort of nature to relieve the system from some overload or pressure, such discharges, unless in excess, and when likely to produce debility, should not be rashly or too abruptly checked. In general, these discharges are confined to the summer or spring months of the year, and follow pains in the head, a sense of drowsiness, languor, or oppression; and, as such symptoms are relieved by the loss of blood, the hemorrhage should, to a certain extent, be encouraged. When, however, the bleeding is excessive, or returns too frequently, it becomes necessary to apply means to subdue or mitigate the amount. For this purpose the sudden and unexpected application of cold is itself sufficient, in most cases, to arrest the most active hemorrhage. A wet towel laid suddenly on the back, between the shoulders, and placing the child in a recumbent posture, is often sufficient to effect the object; where, however, the effusion resists such simple means, napkins wrung out of cold water must be laid across the forehead and nose, the hands dipped in cold water, and a bottle of hot water applied to the feet. If, in spite of these means, the bleeding continues, a little fine wool or a few folds of lint, tied together by a piece of thread, must be pushed up the nostril from which the blood flows, to act as a plug and pressure on the bleeding vessel. When the discharge has entirely ceased, the plug is to be pulled out by means of the thread. To prevent a repetition of the hemorrhage, the body should be sponged every morning with cold water, and the child put under a course of steel wine, have open-air exercise, and, if possible, salt-water bathing. For children, a key suddenly dropped down the back between the skin and clothes, will often immediately arrest a copious bleeding.

2608. SPITTING OF BLOOD, or hemorrhage from the lungs, is generally known from blood from the stomach by its being of a brighter colour, and in less quantities than that, which is always grumous and mixed with the half-digested food. In either case, rest should be immediately enjoined, total abstinence from stimulants, and a low, poor diet, accompanied with the horizontal position, and bottles of boiling water to the feet. At the same time the patient should suck through a quill, every hour, half a wine-glass of water in which 10 or 15 drops of the elixir of

vitriol has been mixed, and, till further advice has been procured, keep a towel wrung out of cold water on the chest or stomach, according to the seat of the hemorrhage.

Bites and Stings.

2609. BITES AND STINGS may be divided into three kinds:—1. Those of Insects. 2. Those of Snakes. 3. Those of Dogs and other Animals.

2610. 1. *The Bites or Stings of Insects*, such as gnats, bees, wasps, &c., need cause very little alarm, and are, generally speaking, easily cured. They are very serious, however, when they take place on some delicate part of the body, such as near the eye, or in the throat. *The treatment* is very simple in most cases; and consists in taking out the sting, if it is left behind, with a needle, and applying to the part a liniment made of finely-scraped chalk and olive-oil, mixed together to about the thickness of cream.

2611. Bathing the part bitten with warm turpentine or warm vinegar is also of great use. If the person feels faint, he should lie quietly on his back, and take a little brandy-and-water, or sal-volatile and water. When the inside of the throat is the part stung, there is great danger of violent inflammation taking place. In this case, from eight to twelve leeches should be immediately put to the outside of the throat, and when they drop off, the part to which they had been applied should be well fomented with warm water. The inside of the throat is to be constantly gargled with salt water. Bits of ice are to be sucked. Rubbing the face and hands well over with plain olive-oil, before going to bed, will often keep gnats and mosquitoes from biting during the night. Strong scent, such as eau-de-Cologne, will have the same effect.

2612. 2. *Bites of Snakes*.—These are much more dangerous than the preceding, and require more powerful remedies. The bites of the different kinds of snakes do not all act alike, but affect people in different ways.—*Treatment of the part bitten*. The great thing is to prevent the poison getting into the blood; and, if possible, to remove the whole of it at once from the body. A pocket-handkerchief, a piece of tape or cord, or, in fact, of anything that is at hand, should be tied tightly round the part of the body bitten; if it be the leg or arm, immediately above the bite, and between it and the heart. The bite should then be sucked several times by any one who is near. There is no danger in this, provided the person who does it has not got the skin taken off any part of his mouth. What has been sucked into the mouth should be immediately spit out again. But if those who are near have sufficient nerve for the operation, and a suitable instrument, they should cut out the central part bitten, and then bathe the wound for some time with warm water, to make it bleed freely. The wound should afterwards be rubbed with a stick of lunar caustic, or, what is better, a solution of this—60 grains of lunar caustic dissolved in an ounce of water—should be dropped into it. The band should be kept on the part during the whole of the time that these

means are being adopted. The wound should afterwards be covered with lint dipped in cold water. The best plan, however, to be adopted, if it can be managed, is the following:—take a common wine-glass, and, holding it upside down, put a lighted candle or a spirit-lamp into it for a minute or two. This will take out the air. Then clap the glass suddenly over the bitten part, and it will become attached, and hold on to the flesh. The glass being nearly empty, the blood containing the poison will, in consequence, flow into it from the wound of its own accord. This process should be repeated three or four times, and the wound sucked, or washed with warm water, before each application of the glass. As a matter of course, when the glass is removed, all the blood should be washed out of it before it is applied again.—*Constitutional Treatment.* There is mostly at first great depression of strength in these cases, and it is therefore requisite to give some stimulant; a glass of hot brandy-and-water, or twenty drops of sal-volatile, is the best that can be given. When the strength has returned, and if the patient has not already been sick, a little mustard in hot water should be given, to make him so. If, on the other hand, as is often the case, the vomiting is excessive, a large mustard poultice should be placed over the stomach, and a grain of solid opium swallowed in the form of a pill, for the purpose of stopping it. Only one of these pills should be given by a non-professional person. In all cases of bites from snakes, send for a surgeon as quickly as possible, and act according to the above directions until he arrives. If he is within any reasonable distance, content yourself by putting on the band, sucking the wound, applying the glass, and, if necessary, giving a little brandy-and-water.

2613. 3. *Bites of Dogs.*—For obvious reasons, these kinds of bites are more frequently met with than those of snakes. *The treatment is the same as that for snake-bites, more especially that of the bitten part.* The majority of writers on the subject are in favour of keeping the wound open as long as possible. This may be done by putting a few beans on it, and then by applying a large linseed-meal poultice over them.

Injuries and Accidents to Bones.

2614. *Dislocation of Bones.*—When the end of a bone is pushed out of its natural position, it is said to be dislocated. This may be caused by violence, disease, or natural weakness of the parts about a joint.—*Symptoms.* Deformity about the joint, with unnatural prominence at one part, and depression at another. The limb may be shorter or longer than usual, and is stiff and unable to be moved, differing in these last two respects from a broken limb, which is mostly shorter, never longer, than usual, and which is always more movable.—*Treatment.* So much practical science and tact are requisite in order to bring a dislocated bone into its proper position again, that we strongly advise the reader never to interfere in these cases; unless, indeed, it is altogether impossible to obtain the services of a surgeon. But because any one of us may very possibly be placed in that emergency, we give a few rough

rules for the reader's guidance. In the first place make the joint, from which the bone has been displaced, perfectly steady, either by fixing it to some firm object or else by holding it with the hands; then pull the dislocated bone in a direction towards the place from which it has been thrust, so that, if it moves at all from its unnatural position, it may have the best chance of returning to its proper place. Do not, however, pull or press against the parts too violently, as you may, perhaps, by doing so, rupture blood-vessels, and produce most serious consequences. When you *do* attempt to reduce a dislocated bone, do it as quickly as possible after the accident has taken place, every hour making the operation more difficult. When the patient is very strong, he may be put into a warm bath until he feels faint, or have sixty drops of antimonial wine given him every ten minutes until he feels sickish. These two means are of great use in relaxing the muscles. If the bone has been brought back again to its proper place, keep it there by means of bandages; and if there is much pain about the joint, apply a cold lotion to it, and keep it perfectly at rest. The lotion should be, a dessert-spoonful of Goulard's extract, and two table-spoonfuls of vinegar, mixed in a pint of water. Leeches are sometimes necessary. Unless the local pain, or general feverish symptoms, are great, the patient's diet should be the same as usual. Dislocations may be reduced a week, or even a fortnight, after they have taken place. As, therefore, although the sooner a bone is reduced the better, there is no very great emergency, and as the most serious consequences may follow improper or too violent treatment, it is always better for people in these cases to do too little than too much; inasmuch as the good which has not yet may still be done, whereas the evil that has been done cannot so easily be undone.

2615. FRACTURES OF BONES.—*Symptoms.* 1. Deformity of the part. 2. Unnatural looseness. 3. A grating sound when the two ends of the broken bone are rubbed together. 4. Loss of natural motion and power. In some cases there is also shortening of the limb.—Fracture takes place from several causes, as a fall, a blow, a squeeze, and sometimes from the violent action of muscles.—*Treatment.* In cases where a surgeon cannot be procured immediately after the accident, the following general rules are offered for the reader's guidance:—The broken limb should be placed and kept as nearly as possible in its natural position. This is to be done by first pulling the two portions of the bone in opposite directions, until the limb becomes as long as the opposite one, and then by applying a splint, and binding it to the part by means of a roller. When there is no deformity, the pulling is of course unnecessary. If there is much swelling about the broken part, a cold lotion is to be applied. This lotion (*which we will call Lotion No. 1*) may be thus made:—Mix a dessert-spoonful of Goulard's extract and two table-spoonfuls of vinegar in a pint of water. When the leg or arm is broken, always, if possible, get it to the same length and form as the opposite limb. The broken part should be kept perfectly quiet. When a broken limb is deformed, and a particular muscle is on the stretch, place the limb in such a position as will relax it. This will in most cases cure the deformity. Brandy-and-water, or

sal-volatile and water, are to be given when the patient is faint. Surgical aid should, of course, be procured as soon as possible.

2616. JOINTS, INJURIES TO.—All kinds of injuries to joints, of whatever description, require particular attention, in consequence of the violent inflammations which are so liable to take place in these parts of the body, and which do so much mischief in a little time. The joint injured should always be kept perfectly at rest; and when it is very painful, and the skin about it red, swollen, hot, and shining, at the same time that the patient has general feverish symptoms, such as great thirst and headache—leeches, and when they drop off, warm poppy fomentations, are to be applied; the No. 1 pills above-mentioned are to be given (two are a dose for a grown person) with a black draught three hours afterwards. Give also two table-spoonfuls of the fever-mixture every four hours, and keep the patient on low diet. When the injury and swelling are not very great, warm applications, with rest, low diet, and a dose of aperient medicine, will be sufficient. When a joint has received a penetrating wound, it will require the most powerful treatment, and can only be properly attended to by a surgeon. The patient's friends will have to use their own judgment to a great extent in these and in many other cases, as to when leeches, fever-mixture, &c., are necessary. A universal rule, however, without a single exception, is *always to rest a joint well* after it has been injured in any way whatever, to purge the patient, and to keep him on low diet, without beer, unless he has been a very great drinker indeed, in which case he may still be allowed to take a little; for if the stimulant that a person has been accustomed to in excess be all taken away at once, he is very likely to have an attack of delirium tremens. The quantity given should not, however, be much—say a pint, or, at the most, a pint and a half a day. Rubbing the joint with opodeldoc, or the application of a blister to it, is of great service in taking away the thickenings, which often remain after all heat, pain, and redness have left an injured joint. Great care should be observed in not using a joint too quickly after it has been injured. When the *shoulder-joint* is the one injured, the arm should be bound tightly to the body by means of a linen or flannel roller, and the elbow raised; when the elbow, it should be kept raised in the straight position, on a pillow; when the wrist, it should be raised on the chest, and suspended in a sling; when the knee, it should be kept in the straight position; and, lastly, when the ankle, it should be a little raised on a pillow.

2617. BRUISES, LACERATIONS, AND CUTS.—Wherever the bruise may be, or however swollen or discoloured the skin may become, two or three applications of the *extract of lead*, kept to the part by means of lint, will, in an hour or little more, remove all pain, swelling, and tenderness. Simple or clean cuts only require the edges of the wound to be placed in their exact situation, drawn close together, and secured there by one or two slips of adhesive plaster. When the wound, however, is jagged, or the flesh or cuticle lacerated, the parts are to be laid as smooth and regular as possible, and a piece of lint, wetted

in the *extract of lead*, laid upon the wound, and a piece of greased lint placed above it to prevent the dressing sticking; the whole covered over to protect from injury, and the part dressed in the same manner once a day till the cure is effected.

2618. **BRUISES AND THEIR TREATMENT.**—The best application for a bruise, be it large or small, is moist warmth; therefore, a warm bread-and-water poultice in hot moist flannels should be put on, as they supple the skin. If the bruise be very severe, and in the neighbourhood of a joint, it will be well to apply ten or a dozen leeches over the whole bruised part, and afterwards a poultice. But leeches should not be put on young children. If the bruised part be the knee or the ankle, walking should not be attempted till it can be performed without pain. Inattention to this point often lays the foundation for serious mischief in these joints, especially in the case of scrofulous persons. In all conditions of bruises occurring in children, whether swellings or abrasions, no remedy is so quick or certain of effecting a cure as the pure extract of lead applied to the part.

Burns and Scalds.

2619. **BURNS AND SCALDS** being essentially the same in all particulars, and differing only in the manner of their production, may be spoken of together. As a general rule, scalds are less severe than burns, because the heat of water, by which scalds are mostly produced, is not, even when it is boiling, so intense as that of flame; oil, however, and other liquids, whose boiling-point is high, produce scalds of a very severe nature. Burns and scalds have been divided into three classes. The first class comprises those where the burn is altogether superficial, and merely reddens the skin; the second, where the injury is greater, and we get little bladders containing a fluid (called serum) dotted over the affected part; in the third class we get, in the case of burns, a charring, and in that of scalds, a softening or pulpiness, perhaps a complete and immediate separation of the part. This may occur at once, or in the course of a little time. The pain from the second kind of burns is much more severe than that in the other two, although the danger, as a general rule, is less than it is in the third class. These injuries are much more dangerous when they take place on the trunk than when they happen on the arms or legs. The danger arises more from the extent of surface that is burnt than from the depth to which the burn goes. This rule, of course, has certain exceptions; because a small burn on the chest or belly penetrating deeply is more dangerous than a more extensive but superficial one on the arm or leg. When a person's clothes are in flames, the best way of extinguishing them is to wind a rug, or some thick material, tightly round the whole of the body.

2620. *Treatment of the First Class of Burns and Scalds.*—Of the part affected.—Cover it immediately with a good coating of common flour, or cotton-wool with flour dredged well into it. The great thing is to keep the affected surface of the skin from the contact of the air. The part will shortly

get well, and the skin may or may not peel off.—*Constitutional Treatment.* If the burn or scald is not extensive, and there is no prostration of strength, this is very simple, and consists in simply giving a little aperient medicine—pills (No. 2), as follows:—Mix 5 grains of blue pill and the same quantity of compound extract of colocynth, and make into two pills—the dose for a full-grown person. Three hours after the pills give a black draught. If there are general symptoms of fever, such as hot skin, thirst, headache, &c. &c., two tablespoonfuls of fever-mixture are to be given every four hours. The fever-mixture, we remind our readers, is made thus:—Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre, in half a pint of water.

2621. *Second Class. Local Treatment.*—As the symptoms of these kinds of burns are more severe than those of the first class, so the remedies appropriate to them are more powerful. Having, as carefully as possible, removed the clothes from the burnt surface, and taking care not to break the bladders, spread the following liniment (No. 1) on a piece of linen or lint—not the *stuffy* side—and apply it to the part: the liniment should be equal parts of lime-water and linseed-oil, well mixed. If the burn is on the trunk of the body, it is better to use a warm linseed-meal poultice. After a few days dress the wound with Turner's cerate. If the burn is at the bend of the elbow, place the arm in the *straight* position; for if it is *bent*, the skin, when healed, will be contracted, and the arm, in all probability, always remain in the same unnatural position. This, indeed, applies to all parts of the body; therefore, always place the part affected in the most *stretched* position possible.—*Constitutional Treatment.* The same kind of treatment is to be used as for the first class, only it must be more powerful. Stimulants are more often necessary, but must be given with great caution. If, as is often the case, there is great irritability and restlessness, a dose of opium (paregoric, in doses of from sixty to a hundred drops, according to age, is best) is of great service. The feverish symptoms will require aperient medicines and the fever-mixture. A drink made of about a tablespoonful of cream of tartar and a little lemon-juice, in a quart of warm water, allowed to cool, is a very nice one in these cases. The diet throughout should not be too low, especially if there is much discharge from the wound. After a few days it is often necessary to give wine, ammonia, and strong beef-tea. These should be had recourse to when the tongue gets dry and dark, and the pulse weak and frequent. If there should be, after the lapse of a week or two, pain over one particular part of the belly, a blister should be put on it, and a powder of mercury and chalk—grey powder, and Dover's powder (two grains of the former and five of the latter) given three times a day. Affections of the head and chest also frequently occur as a consequence of these kinds of burns, but no one who is not a medical man can treat them.

2622. *Third Class.*—These are so severe as to make it impossible for a non-professional person to be of much service in attending to them. When they

occur, a surgeon should always be sent for. Until he arrives, however, the following treatment should be adopted:—Place the patient full-length on his back, and keep him warm. Apply fomentations of flannels wrung out of boiling water and sprinkled with spirits of turpentine to the part, and give wine and sal-volatile in such quantities as the prostration of strength requires; always bearing in mind the great fact that you have to steer between two quicksands—death from present prostration and death from future excitement, which will always be increased in proportion to the amount of stimulants given. Give, therefore, only just as much as is absolutely necessary to keep life in the body.

2623. CONCUSSION OF BRAIN—STUNNING.—This may be caused by a blow or a fall.—*Symptoms.* Cold skin; weak pulse; almost total insensibility; slow, weak breathing; pupil of eye sometimes bigger, sometimes smaller, than natural; inability to move; unwillingness to answer when spoken to. These symptoms come on directly after the accident.—*Treatment.* Place the patient quietly on a warm bed, send for a surgeon, and do nothing else for the first four or six hours. After this time the skin will become hot, the pulse full, and the patient feverish altogether. If the surgeon has not arrived by the time these symptoms have set in, shave the patient's head, and apply the following lotion (No. 2): Mix half an ounce of sal-ammoniac, two tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water. Then give this pill (No. 1): Mix five grains of calomel and the same quantity of antimonial powder with a little bread-crumbs, and make into two pills. Give a black draught three hours after the pill, and two tablespoonfuls of the above-mentioned fever-mixture every four hours. Keep on low diet. Leeches are sometimes to be applied to the head. These cases are often followed by violent inflammation of the brain. They can, therefore, only be attended to properly throughout by a surgeon. The great thing for people to do in these cases is—nothing; contenting themselves with putting the patient to bed, and waiting the arrival of a surgeon.

2624. THE CHOLERA AND AUTUMNAL COMPLAINTS.—To oppose cholera, there seems no surer or better means than cleanliness, sobriety, and judicious ventilation. Where there is dirt, that is the place for cholera; where windows and doors are kept most jealously shut, there cholera will find easiest entrance; and people who indulge in intemperate diet during the hot days of autumn are actually courting death. To repeat it, cleanliness, sobriety, and free ventilation almost always defy the pestilence; but, in case of attack, immediate recourse should be had to a physician. The faculty say that a large number of lives have been lost, in many seasons, solely from delay in seeking medical assistance. They even assert that, taken early, the cholera is by no means a fatal disorder. The copious use of salt is recommended on very excellent authority. Other autumnal complaints there are, of which diarrhoea is the worst example. They come on with pain, flatulence, sickness, with or without vomiting, followed by loss of appetite, general lassitude, and weakness. If

attended to at the first appearance, they may soon be conquered ; for which purpose it is necessary to assist nature in throwing off the contents of the bowels, which may be done by means of the following prescription :—Take of calomel 3 grains, rhubarb 8 grains ; mix and take it in a little honey or jelly, and repeat the dose three times, at the intervals of four or five hours. The next purpose to be answered is the defence of the lining membrane of the intestines from their acrid contents, which will be best effected by drinking copiously of linseed tea, or of a drink made by pouring boiling water on quince-seeds, which are of a very mucilaginous nature ; or, what is still better, full draughts of whey. If the complaint continue after these means have been employed, some astringent or binding medicine will be required, as the sub-joined :—Take of prepared chalk 2 drachms, cinnamon-water 7 oz., syrup of poppies 1 oz. ; mix, and take 3 tablespoonfuls every four hours. Should this fail to complete the cure, $\frac{1}{2}$ oz. of tincture of catechu, or of kino, may be added to it, and then it will seldom fail ; or a teaspoonful of the tincture of kino alone, with a little water, every three hours, till the diarrhoea is checked. While any symptoms of derangement are present, particular attention must be paid to the diet, which should be of a soothing, lubricating, and light nature, as instanced in veal or chicken broth, which should contain but little salt. Rice, batter, and bread puddings will be generally relished, and be eaten with advantage ; but the stomach is too much impaired to digest food of a more solid nature. Indeed, we should give that organ, together with the bowels, as little trouble as possible, while they are so incapable of acting in their accustomed manner. Much mischief is frequently produced by the absurd practice of taking tincture of rhubarb, which is almost certain of aggravating that species of disorder of which we have now treated ; for it is a spirit as strong as brandy, and cannot fail of producing harm upon a surface which is rendered tender by the formation and contact of vitiated bile. But our last advice is, upon the first appearance of such symptoms as are above detailed, have *immediate* recourse to a doctor, where possible.

2625. TO CURE A COLD.—Put a large teacupful of linseed, with $\frac{1}{2}$ lb. of sun raisins and 2 oz. of stick liquorice, into 2 quarts of soft water, and let it simmer over a slow fire till reduced to one quart ; add to it $\frac{1}{2}$ lb. of pounded sugar-candy, a tablespoonful of old rum, and a tablespoonful of the best white-wine vinegar, or lemon-juice. The rum and vinegar should be added as the decoction is taken ; for, if they are put in at first, the whole soon becomes flat and less efficacious. The dose is half a pint, made warm, on going to bed ; and a little may be taken whenever the cough is troublesome. The worst cold is generally cured by this remedy in two or three days ; and, if taken in time, is considered infallible.

2626. COLD ON THE CHEST.—A flannel dipped in boiling water, and sprinkled with turpentine, laid on the chest as quickly as possible, will relieve the most severe cold or hoarseness.

2627. SUBSTANCES IN THE EYE.—To remove fine particles of gravel, lime,

&c., the eye should be syringed with lukewarm water till free from them. Be particular not to worry the eye, under the impression that the substance is still there, which the enlargement of some of the minute vessels makes the patient believe is actually the case.

2628. SORE EYES.—Incorporate thoroughly, in a glass mortar or vessel, one part of strong citron ointment with three parts of spermaceti ointment. Use the mixture night and morning, by placing a piece of the size of a pea in the corner of the eye affected, only to be used in cases of chronic or long-standing inflammation of the organ, or its lids.

2629. LIME IN THE EYE.—Bathe the eye with a little weak vinegar-and-water, and carefully remove any little piece of lime which may be seen, with a feather. If any lime has got entangled in the eyelashes, carefully clear it away with a bit of soft linen soaked in vinegar-and-water. Violent inflammation is sure to follow; a smart purge must be therefore administered, and in all probability a blister must be applied on the temple, behind the ear, or nape of the neck.

2630. STYE IN THE EYE.—Styes are little abscesses which form between the roots of the eyelashes, and are rarely larger than a small pea. The best way to manage them is to bathe them frequently with warm water, or in warm poppy-water, if very painful. When they have burst, use an ointment composed of one part of citron ointment and four of spermaceti, well rubbed together, and smear along the edge of the eyelid. Give a grain or two of calomel with 5 or 8 grains of rhubarb, according to the age of the child, twice a week. The old-fashioned and apparently absurd practice of rubbing the stye with a ring, is as good and speedy a cure as that by any process of medicinal application; though the number of times it is rubbed, or the quality of the ring and direction of the strokes, has nothing to do with its success. The pressure and the friction excite the vessels of the part, and cause an absorption of the effused matter under the eyelash. The edge of the nail will answer as well as a ring.

2631. INFLAMMATION OF THE EYELIDS.—The following ointment has been found very beneficial in inflammations of the eyeball and edges of the eyelids:—Take of prepared calomel, 1 scruple; spermaceti ointment, $\frac{1}{2}$ oz. Mix them well together in a glass mortar; apply a small quantity to each corner of the eye every night and morning, and also to the edges of the lids, if they are affected. If this should not eventually remove the inflammation, elder-flower water may be applied three or four times a day, by means of an eye-cup. The bowels should be kept in a laxative state, by taking occasionally a quarter of an ounce of the Cheltenham or Epsom salts.

2632. FASTING.—It is said by many able physicians that fasting is a means of removing incipient disease, and of restoring the body to its customary healthy

sensations. Howard, the celebrated philanthropist (says a writer), used to fast one day in every week. Napoleon, when he felt his system unstrung, suspended his wonted repast, and took his exercise on horseback.

Fits.

2633. FITS come on so suddenly, often without even the slightest warning, and may prove fatal so quickly, that all people should be acquainted at least with their leading symptoms and treatment, as a few moments, more or less, will often decide the question between life and death. The treatment, in very many cases at least, to be of the slightest use, should be *immediate*, as a person in a fit (of apoplexy for instance) may die while a surgeon is being fetched from only the next street. We shall give, as far as the fact of our editing a work for non-professional readers will permit, the peculiar and distinctive symptoms of all kind of fits, and the immediate treatment to be adopted in each case.

2634. APOPLEXY.—These fits may be divided into two kinds—the *strong* and the *weak*.

2635. 1. *The strong kind*.—These cases mostly occur in stout, strong, short-necked, bloated-faced people, who are in the habit of living well.—*Symptoms*. The patient may or may not have had headache, sparks before his eyes, with confusion of ideas and giddiness, for a day or two before the attack. When it takes place, he falls down insensible; the body becomes paralyzed, generally more so on one side than the other; the face and head are hot, and the blood-vessels about them swollen; the pupils of the eyes are larger than natural, and the eyes themselves are fixed; the mouth is mostly drawn down at one corner; the breathing is like loud snoring; the pulse full and hard.—*Treatment*. Place the patient immediately in bed, with his head well raised; take off everything that he has round his neck, and bleed freely and at once from the arm. If you have not got a lancet, use a pen-knife or anything suitable that may be at hand. Apply warm mustard poultices to the soles of the feet and the insides of the thighs and legs; put two drops of castor oil, mixed up with eight grains of calomel, on the top of the tongue, as far back as possible; a most important part of the treatment being to open the bowels as quickly and freely as possible. The patient cannot swallow; but these medicines, especially the oil, will be absorbed into the stomach altogether independent of any voluntary action. If possible, throw up a warm turpentine clyster (two table-spoonfuls of oil of turpentine in a pint of warm gruel), or, if this cannot be obtained, one composed of about a quart of warm salt-and-water and soap. Cut off the hair, and apply rags dipped in weak vinegar-and-water, or weak gin-and-water, or even simple cold water, to the head. If the blood-vessels about the head and neck are much swollen, put from eight to ten leeches on the temple opposite to the paralyzed side of the body. Always send for a surgeon immediately, and act according to the above rules, doing more or less,

according to the means at hand, and the length of time that must necessarily elapse until he arrives. A pint, or even a quart of blood in a very strong person, may be taken away. When the patient is able to swallow, give him the No. 1 pills, and the No. 1 mixture directly. [The No. 1 pills are made as follows:—Mix 5 grains of calomel and the same quantity of antimonial powder with a little bread-crumbs: make into two pills, the dose for a full-grown person. For the No. 1 mixture, dissolve an ounce of Epsom salts in half a pint of senna tea: take a quarter of the mixture as a dose.] Repeat these remedies if the bowels are not well opened. Keep the patient's head well raised, and cool as above. Give very low diet indeed: gruel, arrowroot, and the like. When a person is recovering, he should have blisters applied to the nape of the neck, his bowels should be kept well open, light diet given, and fatigue, worry, and excess of all kinds avoided.

2636. 2. *The weak kind.*—*Symptoms.* These attacks are more frequently preceded by warning symptoms than the first kind. The face is pale, the pulse weak, and the body, especially the hands and legs, cold. After a little while, these symptoms sometimes alter to those of the first class in a mild degree.—*Treatment.* At first, if the pulse is *very feeble indeed*, a little brandy-and-water or sal-volatile must be given. Mustard poultices are to be put, as before, to the soles of the feet and the insides of the thighs and legs. Warm bricks, or bottles filled with warm water, are also to be placed under the armpits. When the strength has returned, the body become warmer, and the pulse fuller and harder, the head should be shaved, and wet rags applied to it, as before described. Leeches should be put, as before, to the temple opposite the side paralyzed; and the bowels should be opened as freely and as quickly as possible. Bleeding from the arm is often necessary in these cases, but a non-professional person should never have recourse to it. Blisters may be applied to the nape of the neck at once. The diet in these cases should not be so low as in the former—indeed, it is often necessary, in a day or so after one of these attacks, to give wine, strong beef-tea, &c., according to the condition of the patient's strength.

2637. *Distinctions between Apoplexy and Epilepsy.*—1. Apoplexy mostly happens in people *over thirty*, whereas epilepsy generally occurs under that age; at any rate for the first time. A person who has epileptic fits over thirty, has generally suffered from them for some years. 2. Again, *in apoplexy*, the body is *paralyzed*; and, therefore, has not the *convulsions which take place in epilepsy*. 3. The peculiar *snoring* will also distinguish apoplexy from epilepsy.

2638. *Distinctions between Apoplexy and Drunkenness.*—1. The known habits of the person. 2. The fact of a person who was perfectly sober and sensible a little time before, being found in a state of insensibility. 3. The absence, in apoplexy, of the *smell of drink* on applying the nose to the mouth. 4. A person in a fit of apoplexy cannot be roused at all; in drunkenness he mostly can, to a certain extent.

2639. *Distinction between Apoplexy and Hysterics.*—Hysterics mostly happen in young, nervous, unmarried women; and are attended with convulsions, sobbing, laughter, throwing about of the body, &c. &c.

2640. *Distinction between Apoplexy and Poisoning by Opium.*—It is exceedingly difficult to distinguish between these two cases. In poisoning by opium, however, we find the particular smell of the drug in the patient's breath. We should also, in forming our opinion, take into consideration the person's previous conduct—whether he has been low and desponding for some time before, or has ever talked about committing suicide.

2641. **EPILEPSY.**—*Falling Sickness.*—These fits mostly happen, at any rate for the first time, to young people, and are more common in boys than girls. They are produced by numerous causes.—*Symptoms.* The fit may be preceded by pains in the head, palpitations, &c. &c.; but it mostly happens that the person falls down insensible suddenly, and without any warning whatever. The eyes are distorted, so that only their whites can be seen; there is mostly foaming from the mouth; the fingers are clinched; and the body, especially on one side, is much agitated; the tongue is often thrust out of the mouth. When the fit goes off, the patient feels drowsy and faint, and often sleeps soundly for some time.—*Treatment.* During the fit, keep the patient flat on his back, with his head slightly raised, and prevent him from doing any harm to himself; dash cold water into his face, and apply smelling-salts to his nose; loosen his shirt collar, &c.; hold a piece of wood about as thick as a finger—the handle of a tooth-brush or knife will do as well—between the two rows of teeth, at the back part of the mouth. This will prevent the tongue from being injured. A teaspoonful of common salt thrust into the patient's mouth, during the fit, is of much service. The after-treatment of these fits is various, and depends entirely upon their causes. A good general rule, however, is always to keep the bowels well open, and the patient quiet, and free from fatigue, worry, and excess of all kinds.

2642. *Fainting Fits* are sometimes very dangerous, and at others perfectly harmless; the question of danger depending altogether upon the causes which have produced them, and which are exceedingly various. For instance, fainting produced by disease of the heart is a very serious symptom indeed; whereas, that arising from some slight cause, such as the sight of blood, &c., need cause no alarm whatever. The symptoms of simple fainting are so well known that it would be quite superfluous to enumerate them here. The treatment consists in laying the patient at full length upon his back, with his head upon a level with the rest of his body, loosening everything about the neck, dashing cold water into the face, and sprinkling vinegar and water about the mouth; applying smelling-salts to the nose; and, when the patient is able to swallow, in giving a little warm brandy-and-water, or about 20 drops of sal-volatile in water.

2643. *Hysterics.*—These fits take place, for the most part, in young, nervous,

unmarried women. They happen much less often in married women; and even (in some rare cases indeed) in men. Young women, who are subject to these fits, are apt to think that they are suffering from "all the ills that flesh is heir to;" and the false symptoms of disease which they show are so like the true ones, that it is often exceedingly difficult to detect the difference. The fits themselves are mostly preceded by great depression of spirits, shedding of tears, sickness, palpitation of the heart, &c. A pain, as if a nail were being driven in, is also often felt at one particular part of the head. In almost all cases, when a fit is coming on, pain is felt on the left side. This pain rises gradually until it reaches the throat, and then gives the patient a sensation as if she had a pellet there, which prevents her from breathing properly, and, in fact, seems to threaten actual suffocation. The patient now generally becomes insensible, and faints; the body is thrown about in all directions, froth issues from the mouth, incoherent expressions are uttered, and fits of laughter, crying, or screaming, take place. When the fit is going off, the patient mostly cries bitterly, sometimes knowing all, and at others nothing, of what has taken place, and feeling general soreness all over the body. *Treatment during the fit.* Place the body in the same position as for simple fainting, and treat, in other respects, as directed in the article on Epilepsy. *Always well loosen the patient's stays;* and, when she is recovering, and able to swallow, give 20 drops of sal volatile in a little water. The *after-treatment* of these cases is very various. If the patient is of a strong constitution, she should live on plain diet, take plenty of exercise, and take occasional doses of castor oil, or an aperient mixture, such as that described as "No. 1," in previous numbers. If, as is mostly the case, the patient is weak and delicate, she will require a different mode of treatment altogether. Good nourishing diet, gentle exercise, cold baths, occasionally a dose of No. 3 myrrh and aloe pills at night, and a dose of compound iron pills twice a day. [As to the myrrh and aloe pills (No. 3), 10 grains made into two pills are a dose for a full-grown person. Of the compound iron pills (No. 4), the dose for a full grown person is also 10 grains, made into two pills.] In every case, amusing the mind, and avoiding all causes of over-excitement, are of great service in bringing about a permanent cure.

2644. LIVER COMPLAINT AND SPASMS.—A very obliging correspondent recommends the following, from personal experience:—Take 4 oz. of dried dandelion root, 1 oz. of the best ginger, $\frac{1}{2}$ oz. of Columba root; bruise and boil all together in 3 pints of water till it is reduced to a quart: strain, and take a wine-glassful every four hours. Our correspondent says it is a "safe and simple medicine for both liver complaint and spasms."

2645. LUMBAGO.—A "new and successful mode" of treating lumbago, advocated by Dr. Day, is a form of counter-irritation, said to have been introduced into this country by the late Sir Anthony Carlisle, and which consists in the instantaneous application of a flat iron button, gently heated in a spirit-lamp, to the skin. Dr. Corrigan published, about three years ago, an account

of some cases very successfully treated by nearly similar means. Dr. Corrigan's plan was, however, to touch the surface of the part affected, at intervals of half an inch, as lightly and rapidly as possible. Dr. Day has found greater advantages to result from drawing the flat surface of the heated button lightly over the affected part, so as to act on a greater extent of surface. The doctor speaks so enthusiastically of the benefit to be derived from this practice, that it is evidently highly deserving attention.

2646. **PALPITATION OF THE HEART.**—Where palpitation occurs as symptomatic of indigestion, the treatment must be directed to remedy that disorder; when it is consequent on a plethoric state, purgatives will be effectual. In this case the patient should abstain from every kind of diet likely to produce a plethoric condition of body. Animal food and fermented liquor must be particularly avoided. Too much indulgence in sleep will also prove injurious. When the attacks arise from nervous irritability, the excitement must be allayed by change of air and a tonic diet. Should the palpitation originate from organic derangement, it must be, of course, beyond domestic management. Luxurious living, indolence, and tight-lacing often produce this affection: such cases are to be conquered with a little resolution.

2647. Poisons

shall be the next subject for remark; and we anticipate more detailed instructions for the treatment of persons poisoned, by giving a simple LIST OF THE PRINCIPAL POISONS, with their ANTIDOTES OR REMEDIES.

Oil of Vitriol	} Magnesia, Chalk, Soap-and-Water.
Aquafortis	
Spirit of Salt	
Emetic Tartar.....	Oily Drinks, Solution of Oak-bark.
Salt of Lemons, or.....	} Chalk, Whiting, Lime, or Magnesia and Water. Sometimes an Emetic Draught.
Acid of Sugar	
Prussic Acid	{ Pump on back, Smelling-Salts to nose, Artificial Breathing, Chloride of Lime to nose.
Pearlash	} Lemon-Juice and Vinegar-and-Water.
Soap-Lees	
Smelling-Salts	
Nitre	
Hartshorn.....	
Sal-Volatile	
Arsenic	} Emetics, Lime-Water, Soap-and-Water, Sugar-and-Water, Oily Drinks.
Fly-Powder, or	
White Arsenic.....	
King's Yellow, or	
Yellow Arsenic	
Mercury	} Whites of Eggs, Soap-and-Water.
Corrosive Sublimat	
Calomel.....	
Opium	} Emetic Draught, Vinegar-and-Water, dashing Cold Water on chest and face, walking up and down for two or three hours.
Laudanum	

Lead	} Epsom Salts, Castor Oil, Emetics.
White Lead	
Sugar of Lead	
Goulard's Extract	
Copper	} Whites of Eggs, Sugar-and-Water, Castor Oil, Gruel.
Blue-stone	
Verdigris	
Zinc	Lime-Water, Chalk-and-Water, Soap-and-Water.
Iron	Magnesia, Warm Water.
Henbane	} Emetics and Castor Oil; Brandy-and-Water, if necessary.
Hemlock	
Nightshade	
Foxglove	
Poisonous Food	Emetics and Castor Oil.

2648. The symptoms of poisoning may be known for the most part from those of some diseases, which they are very like, from the fact of their coming on *immediately* after eating or drinking something; whereas those of disease come on, in most cases at least, by degrees, and with warnings. In most cases where poison is known, or suspected, to have been taken, the first thing to be done is to empty the stomach, well and immediately, by means of mustard mixed in warm water, or plain warm salt-and-water, or, better, this draught, which we call No. 1:—Twenty grains of sulphate of zinc in an ounce and a half of water. This draught to be repeated in a quarter of an hour if vomiting does not ensue. The back part of the throat should be well tickled with a feather, or two of the fingers thrust down it, to induce vomiting. The cases where vomiting must not be used are those where the skin has been taken off, and the parts touched irritated and inflamed by the poison taken, and where the action of vomiting would increase the evil. Full instructions are given in the article on each particular poison as to where emetics are or are not to be given. The best and safest way of emptying the stomach is by means of the stomach-pump, as in certain cases the action of vomiting is likely to increase the danger arising from the swollen and congested condition of the blood-vessels of the head, which often takes place. In the hands, however, of any one else than a surgeon, it would be not only useless, but harmful, as a great deal of dexterity, caution, and experience are required to use it properly. After having made these brief introductory remarks, we shall now proceed to particulars.

2649. *Sulphuric Acid*, or *Oil of Vitriol* (a clear, colourless liquid, of an oily appearance).—*Symptoms in those who have swallowed it.* When much is taken, these come on immediately. There is great burning pain, extending from the mouth to the stomach; vomiting of a liquid of a dark coffee-colour, often mixed with shreds of flesh and streaks of blood; the skin inside the mouth is taken off; and the exposed surface is at first white, and after a time becomes brownish. There are sometimes spots of a brown colour round the lips and on the neck, caused by drops of the acid falling on these parts. There is great difficulty of breathing, owing to the swelling at the back part of the mouth. After a time there is much depression of strength, with a quick, weak pulse,

and cold, clammy skin. The face is pale, and has a very anxious look. When the acid swallowed has been greatly diluted in water, the same kind of symptoms occur, only in a milder degree.—*Treatment.* Give a mixture of magnesia in milk-and-water, or, if this cannot be obtained, of finely powdered chalk, or whiting, or even of the plaster torn down from the walls or ceiling, in milk-and-water. The mixture should be nearly as thick as cream, and plenty of it given. As well as this, simple gruel, milk, or thick flour-and-water, are very useful, and should be given in large quantities. Violent inflammation of the parts touched by the acid is most likely to take place in the course of a little time, and can only be properly attended to by a surgeon; but if one cannot be obtained, leeches, the fever-mixtures (the recipe for which appears repeatedly in previous paragraphs), thick drinks, such as barley-water, gruel, arrowroot, &c., must be had recourse to, according to the symptoms of each particular case and the means at hand. The inflamed condition of the back part of the mouth requires particular attention. When the breathing is very laboured and difficult in consequence, from fifteen to twenty leeches are to be immediately applied to the outside of the throat, and when they drop off, warm poppy fomentations constantly kept to the part. When the pain over the stomach is very great, the same local treatment is necessary; but if it is only slight, a good mustard poultice will be sufficient without the leeches. In all these cases, two tablespoonfuls of the fever-mixture should be given every four hours, and only gruel or arrowroot allowed to be eaten for some days.

2650. *Nitric Acid*, commonly known as *Aqua Fortis*, or *Red Spirit of Nitre* (a straw-coloured fluid, of the consistence of water, and which gives off dense white fumes on exposure to the air).—*Symptoms produced in those who have swallowed it.* Much the same as in the case of sulphuric acid. In this case, however, the surface touched by the acid becomes *yellowish*. The tongue is mostly much swollen.—*Treatment.* The same as for sulphuric acid.

2651. *Muriatic Acid*, *Spirit of Salt* (a thin yellow fluid, emitting dense white fumes on exposure to the air).—This is not often taken as a poison. The *symptoms and treatment* are much the same as those of *nitric acid*.

N.B.—*In no case of poisoning by these three acids should emetics ever be given.*

2652. *Oxalic Acid*, commonly called *Salt of Lemons*.—This poison may be taken by mistake for Epsom salts, which it is a good deal like. It may be distinguished from them by its very acid taste and its shape, which is that of needle-formed crystals, each of which, if put into a drop of ink, will turn it to a *reddish brown*, whereas Epsom salts will not change its colour at all. When a large dose of this poison has been taken, death takes place very quickly indeed.—*Symptoms produced in those who have swallowed it.* A hot, burning, acid taste is felt in the act of swallowing, and vomiting of a *greenish-brown* fluid is produced, sooner or later, according to the quantity and strength of the poison taken. There is great tenderness felt over the stomach, followed by clammy perspirations and convulsions; the legs are often drawn up, and

there is generally stupor, from which the patient, however, can easily be roused, and always great prostration of strength. The pulse is small and weak, and the breathing faint.—*Treatment.* Chalk or magnesia, made into a cream with water, should be given in large quantities, and afterwards the emetic draught above prescribed, or some mustard-and-water, if the draught cannot be got. The back part of the throat to be tickled with a feather, to induce vomiting. Arrowroot, gruel, and the like drinks, are to be taken. When the prostration of strength is very great and the body cold, warmth is to be applied to it, and a little brandy-and-water, or sal-volatile and water, given.

2653. *Prussic Acid* (a thin, transparent, and colourless liquid, with a peculiar smell, which greatly resembles that of bitter almonds).—*Symptoms produced in those who have swallowed it.* These come on immediately after the poison has been taken, and may be produced by merely smelling it. The patient becomes perfectly insensible, and falls down in convulsions—his eyes are fixed and staring, the pupils being bigger than natural, the skin is cold and clammy, the pulse scarcely perceptible, and the breathing slow and gasping.—*Treatment.* Very little can be done in these cases, as death takes place so quickly after the poison has been swallowed, when it takes place at all. The best treatment—which should always be adopted in all cases, even though the patient appears quite dead—is to dash quantities of cold water on the back, from the top of the neck downwards. Placing the patient under a pump, and pumping on him, is the best way of doing this. Smelling-salts are also to be applied to the nose, and the chest well rubbed with a camphor liniment.

2654. **ALKALIS:** *Potash, Soda, and Ammonia, or common Smelling-Salts,* with their principal preparations—*Pearlash, Soap Lees, Liquor Potassæ, Nitre, Sal Prunella, Hartshorn, and Sal-Volatile.*—Alkalis are seldom taken or given with the view of destroying life. They may, however, be swallowed by mistake.—*Symptoms produced in those who have swallowed them.* There is at first a burning, acrid taste in, and a sensation of tightness round, the throat, like that of strangling; the skin touched is destroyed; retching mostly followed by actual vomiting, then sets in; the vomited matters often containing blood of a dark brown colour, with little shreds of flesh here and there, and always changing vegetable blue colours green. There is now great tenderness over the whole of the belly. After a little while, great weakness, with cold, clammy sweats, a quick weak pulse, and purging of bloody matters, takes place. The brain, too, mostly becomes affected.—*Treatment.* Give two tablespoonfuls of vinegar or lemon-juice in a glassful of water every few minutes until the burning sensation is relieved. Any kind of oil or milk may also be given, and will form soap when mixed with the poison in the stomach. Barley-water, gruel, arrowroot, linseed-tea, &c., are also very useful, and should be taken constantly, and in large quantities. If inflammation should take place, it is to be treated by applying leeches and warm poppy fomentations to the part where the pain is most felt, and giving two tablespoonfuls of the fever-mixture every four hours. The diet in all these cases should only

consist of arrowroot or gruel for the first few days, and then of weak broth or beef-tea for some time after.

2655. When very strong fumes of smelling-salts have in any way been inhaled, there is great difficulty of breathing, and alarming pain in the mouth and nostrils. In this case let the patient inhale the steam of warm vinegar, and treat the feverish symptoms as before.

2656. *Arsenic*.—Mostly seen under the form of white arsenic, or fly-powder, and yellow arsenic, or king's yellow.—*Symptoms produced in those who have swallowed it*. These vary very much, according to the form and dose in which the poison has been taken. There is faintness, depression, and sickness, with an intense burning pain in the region of the stomach, which gets worse and worse, and is increased by pressure. There is also vomiting of dark brown matter, sometimes mixed with blood; and mostly great thirst, with a feeling of tightness round, and of burning in, the throat. Purging also takes place, the matters brought away being mixed with blood. The pulse is small and irregular, and the skin sometimes cold and clammy, and at others hot. The breathing is painful. Convulsions and spasms often occur.—*Treatment*. Give a couple of teaspoonfuls of mustard in a glass of water, to bring on or assist vomiting, and also use the other means elsewhere recommended for the purpose. A solution, half of lime-water and half of linseed-oil, well mixed, may be given, as well as plenty of arrowroot, gruel, or linseed-tea. Simple milk is also useful. A little castor-oil should be given, to cleanse the intestines of all the poison, and the after-symptoms treated on general principles.

2657. *Corrosive Sublimate*.—Mostly seen in the form of little heavy crystalline masses, which melt in water, and have a metallic taste. It is sometimes seen in powder. This is a most powerful poison.—*Symptoms*. These mostly come on *immediately* after the poison has been taken. There is a coppery taste experienced in the act of swallowing, with a burning heat, extending from the top of the throat down to the stomach; and also a feeling of great tightness round the throat. In a few minutes great pain is felt over the region of the stomach, and frequent vomiting of long, stringy white masses, mixed with blood, takes place. There is also mostly great purging. The countenance is generally pale and anxious; the pulse always small and frequent; the skin cold and clammy, and the breathing difficult. Convulsions and insensibility often occur, and are very bad symptoms indeed. The inside of the mouth is more or less swollen.—*Treatment*. Mix the whites of a dozen eggs in two pints of cold water, and give a glassful of the mixture every three or four minutes, until the stomach can contain no more. If vomiting does not now come on naturally, and supposing the mouth is not very sore or much swollen, an emetic draught, No. 1, may be given, and vomiting induced. (The No. 1 draught, we remind our readers, is thus made:—Twenty grains of sulphate of zinc in an ounce and a half of water; the draught to be repeated if vomiting does not take place in a quarter of an hour.) After the stomach has been well cleaned out, milk, flour-and-water, linseed-tea, or barley-water,

should be taken in large quantities. If eggs cannot be obtained, milk, or flour-and-water, should be given as a substitute for them at once. When the depression of strength is very great indeed, a little warm brandy-and-water must be given. In the course of an hour or two the patient should take two tablespoonfuls of castor-oil, and if inflammation comes on, it is to be treated as directed in the article on acids and alkalis. The diet should also be the same. If the patient recovers, great soreness of the gums is almost certain to take place. The simplest, and at the same time one of the best modes of treatment, is to wash them well three or four times a day with brandy-and-water.

2658. *Calomel*.—A heavy white powder, without taste, and insoluble in water. It has been occasionally known to destroy life.—*Symptoms*. Much the same as in the case of corrosive sublimate.—*Treatment*. The same as for corrosive sublimate. If the gums are sore, wash them, as recommended in the case of corrosive sublimate, with brandy-and-water three or four times a day, and keep the patient on *fluids*, such as arrowroot, gruel, broth, or beef-tea, according to the other symptoms. Eating hard substances would make the gums more sore and tender.

2659. *Copper*.—The preparations of this metal which are most likely to be the ones producing poisonous symptoms, are *blue-stone* and *verdigris*. People are often taken ill after eating food that has been cooked in copper saucepans. When anything has been cooked in one of these vessels, *it should never be allowed to cool in it*.—*Symptoms*. Headache, pain in the stomach, and purging; vomiting of green or blue matters, convulsions, and spasms.—*Treatment*. Give whites of eggs, sugar-and-water, castor-oil, and drinks, such as arrowroot and gruel.

2660. *Emetic Tartar*.—Seen in the form of a white powder, or crystals, with a slightly metallic taste. It has not often been known to destroy life.—*Symptoms*. A strong metallic taste in the act of swallowing, followed by a burning pain in the region of the stomach, vomiting, and great purging. The pulse is small and rapid, the skin cold and clammy, the breathing difficult and painful, and the limbs often much cramped. There is also great prostration of strength.—*Treatment*. Promote the vomiting by giving plenty of warm water, or warm arrowroot and water. Strong tea, in large quantities, should be drunk; or, if it can be obtained, a decoction of oak bark. The after-treatment is the same as that for acids and alkalis; the principal object in all these cases being to keep down the inflammation of the parts touched by the poison by means of leeches, warm poppy fomentations, fever-mixtures, and very low diet.

2661. *Lead*, and its preparations, *Sugar of Lead*, *Goulard's Extract*, *White Lead*.—Lead is by no means an active poison, although it is popularly considered to be so. It mostly affects people by being taken into the system slowly, as in the case of painters and glaziers. A newly-painted house, too,

often affects those living in it.—*Symptoms produced when taken in a large dose.* There is at first a burning, pricking sensation in the throat, to which thirst, giddiness, and vomiting follow. The belly is tight, swollen, and painful; the pain being relieved by pressure. The bowels are mostly bound. There is great depression of strength, and a cold skin.—*Treatment.* Give an emetic draught (No. 1, see above) at once, and shortly afterwards a solution of Epsom salts in large quantities. A little brandy-and-water must be taken if the depression of strength is very great indeed. Milk, whites of eggs, and arrowroot are also useful. After two or three hours, cleanse the stomach and intestines well out with two tablespoonfuls of castor-oil, and treat the symptoms which follow according to the rules laid down in other parts of these articles.—*Symptoms when it is taken into the body slowly.* Headache, pain about the navel, loss of appetite and flesh, offensive breath, a *blueness of the edges of the gums*; the belly is tight, hard, and knotty, and the pulse slow and languid. There is also sometimes a difficulty in swallowing.—*Treatment.* Give five grains of calomel and half a grain of opium directly, in the form of a pill, and half an ounce of Epsom salts in two hours, and repeat this treatment until the bowels are well opened. Put the patient into a warm bath, and throw up a clyster of warmish water when he is in it. Fomentations of warm oil of turpentine, if they can be obtained, should be put over the whole of the belly. The great object is to open the bowels as freely and as quickly as possible. When this has been done, a grain of pure opium may be given. Arrowroot or gruel should be taken in good large quantities. The after-treatment must depend altogether upon the symptoms of each particular case.

2662. *Opium*, and its preparations, *Laudanum, &c.*—Solid opium is mostly seen in the form of rich brown flattish cakes, with little pieces of leaves sticking on them here and there, and a bitter and slightly warm taste. The most common form in which it is taken as a poison, is that of laudanum.—*Symptoms.* These consist at first in giddiness and stupor, followed by insensibility, the patient, however, being roused to consciousness by a great noise, so as to be able to answer a question, but becoming insensible again almost immediately. The pulse is now quick and small, the breathing hurried, and the skin warm and covered with perspiration. After a little time, these symptoms change; the person becomes *perfectly insensible*, the breathing slow and snoring, as in apoplexy, the skin cold, and the pulse slow and full. The pupil of the eye is mostly smaller than natural. On applying his nose to the patient's mouth, a person may smell the poison very distinctly.—*Treatment.* Give an emetic draught (No. 1, see above) directly, with large quantities of warm mustard-and-water, warm salt-and-water, or simple warm water. Tickle the top of the throat with a feather, or put two fingers down it to bring on vomiting, which rarely takes place of itself. Dash cold water on the head, chest, and spine, and flap these parts well with the ends of wet towels. Give strong coffee or tea. Walk the patient up and down in the open air for two or three hours; the great thing being to keep him from sleeping. Electricity is of much service. When the patient is recovering, mustard poultices should

be applied to the soles of the feet and the insides of the thighs and legs. The head should be kept cool and raised.

2663. The following preparations, which are constantly given to children by their nurses and mothers, for the purpose of making them sleep, often prove fatal:—*Syrup of Poppies*, and *Godfrey's Cordial*. The author would most earnestly urge all people caring for their children's lives, never to allow any of these preparations to be given, unless ordered by a surgeon.

2664. The treatment in the case of poisoning by *Henbane*, *Hemlock*, *Nightshade*, and *Foxglove*, is much the same as that for opium. Vomiting should be brought on in all of them.

2665. *Poisonous Food*.—It sometimes happens that things which are in daily use, and mostly perfectly harmless, give rise, under certain unknown circumstances, and in certain individuals, to the symptoms of poisoning. The most common articles of food of this description are *Mussels*, *Salmon*, and certain kinds of *Cheese* and *Bacon*. The general symptoms are thirst, weight about the stomach, difficulty of breathing, vomiting, purging, spasms, prostration of strength, and, in the case of mussels more particularly, an eruption on the body, like that of nettle-rash.—*Treatment*. Empty the stomach well with No. 1 draught and warm water, and give two tablespoonfuls of castor-oil immediately after. Let the patient take plenty of arrow-root, gruel, and the like drinks, and if there is much depression of strength, give a little warm brandy-and-water. Should symptoms of fever or inflammation follow, they must be treated as directed in the articles on other kinds of poisoning.

2666. *Mushrooms*, and similar kinds of vegetables, often produce poisonous effects. The symptoms are various, sometimes giddiness and stupor, and at others pain in and swelling of the belly, with vomiting and purging, being the leading ones. When the symptoms come on quickly after taking the poison, it is generally the head that is affected.—The treatment consists in bringing on vomiting in the usual manner, as quickly and as freely as possible. The other symptoms are to be treated on general principles; if they are those of depression, by brandy-and-water or sal-volatile; if those of inflammation, by leeches, fomentations, fever-mixtures, &c. &c.

2667. **FOR CURE OF RINGWORM.**—Take of subcarbonate of soda 1 drachm, which dissolve in $\frac{1}{2}$ pint of vinegar. Wash the head every morning with soft soap, and apply the lotion night and morning. One teaspoonful of sulphur and treacle should also be given occasionally night and morning. The hair should be cut close, and round the spot it should be shaved off, and the part, night and morning, bathed with a lotion made by dissolving a drachm of white vitriol in 6 oz. of water. A small piece of either of the two subjoined ointments rubbed into the part when the lotion has dried in. No. 1.—Take of

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citron ointment 1 drachm; sulphur and tar ointment, of each $\frac{3}{4}$ oz.: mix thoroughly, and apply twice a day. No. 2.—Take of simple cerate 1 oz.; creosote 1 drachm; calomel 30 grains: mix and use in the same manner as the first. Concurrent with these external remedies, the child should take an alterative powder every morning, or, if they act too much on the bowels, only every second day. The following will be found to answer all the intentions desired.

266S. *Alterative Powders for Ringworm.*—Take of

Sulphuret of antimony, precipitated	. 24 grains.
Grey powder 12 grains.
Calomel 6 grains.
Jalap powder. 36 grains.

Mix carefully, and divide into 12 powders for a child from 1 to 2 years old; into 9 powders for a child from 2 to 4 years; and into 6 powders for a child from 4 to 6 years. Where the patient is older, the strength may be increased by enlarging the quantities of the drugs ordered, or by giving one and a half or two powders for one dose. The ointment is to be well washed off every morning with soap-and-water, and the part bathed with the lotion before re-applying the ointment. An imperative fact must be remembered by mother or nurse,—never to use the same comb employed for the child with ringworm, for the healthy children, or let the affected little one sleep with those free from the disease; and, for fear of any contact by hands or otherwise, to keep the child's head enveloped in a nightcap, till the eruption is completely cured.

2669. *SCRATCHES.*—Trifling as scratches often seem, they ought never to be neglected, but should be covered and protected, and kept clean and dry until they have completely healed. If there is the least appearance of inflammation, no time should be lost in applying a large bread-and-water poultice, or hot flannels repeatedly applied, or even leeches in good numbers may be put on at some distance from each other.

2670. *FOR SHORTNESS OF BREATH, OR DIFFICULT BREATHING.*—Vitriolated spirits of ether 1 oz., camphor 12 grains: make a solution, of which take a teaspoonful during the paroxysm. This is found to afford instantaneous relief in difficulty of breathing, depending on internal diseases and other causes, where the patient, from a very quick and laborious breathing, is obliged to be in an erect posture.

2671. *SPRAINS.*—A sprain is a stretching of the leaders or ligaments of a part through some violence, such as slipping, falling on the hands, pulling a limb, &c. &c. The most common are those of the ankle and wrist. These accidents are more serious than people generally suppose, and often more difficult to cure than a broken leg or arm. The first thing to be done is to

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EXPRESSLY DESIGNED AND EXECUTED IN PARIS.**

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place the sprained part in the straight position, and to raise it a little as well. Some recommend the application of cold lotions at first. The editress, however, is quite convinced that *warm* applications are, in most cases, the best for the first three or four days. These fomentations are to be applied in the following manner :—Dip a good-sized piece of flannel into a pail or basin full of hot water or hot poppy fomentation,—six poppy heads boiled in one quart of water for about a quarter of an hour ; wring it almost dry, and apply it, as hot as the patient can bear, right round the sprained part. Then place another piece of flannel, quite dry, over it, in order that the steam and warmth may not escape. This process should be repeated as often as the patient feels that the flannel next to his skin is getting cold—the oftener the better. The bowels should be opened with a black draught, and the patient kept on low diet. If he has been a great drinker, he may be allowed to take a little beer ; but it is better not to do so. A little of the cream of tartar drink, ordered in the case of burns, may be taken occasionally if there is much thirst. When the swelling and tenderness about the joint are very great, from eight to twelve leeches may be applied. When the knee is the joint affected, the greatest pain is felt at the inside, and therefore the greater quantity of the leeches should be applied to that part. When the shoulder is sprained, the arm should be kept close to the body by means of a linen roller, which is to be taken four or five times round the whole of the chest. It should also be brought two or three times underneath the elbow, in order to raise the shoulder. This is the best treatment for these accidents during the first three or four days. After that time, supposing that no unfavourable symptoms have taken place, a cold lotion, composed of a tablespoonful of sal-ammoniac to a quart of water, or vinegar-and-water, should be constantly applied. This lotion will strengthen the part, and also help in taking away any thickening that may have formed about the joint. In the course of two or three weeks, according to circumstances, the joint is to be rubbed twice a day with flannel dipped in opodeldoo, a flannel bandage rolled tightly round the joint, the pressure being greatest at the lowest part, and the patient allowed to walk about with the assistance of a crutch or stick. He should also occasionally, when sitting or lying down, quietly bend the joint backwards and forwards, to cause its natural motion to return, and to prevent stiffness from taking place. When the swelling is very great immediately after the accident has occurred, from the breaking of the blood-vessels, it is best to apply cold applications at first. If it can be procured, oil-silk may be put over the warm-fomentation flannel, instead of the dry piece of flannel. Old flannel is better than new.

267 $\frac{1}{2}$. CURE FOR STAMMERING.—Where there is no malformation of the organs of articulation, stammering may be remedied by reading aloud with the teeth closed. This should be practised for two hours a day, for three or four months. The advocate of this simple remedy says, “I can speak with certainty of its utility.”

2673. **STAMMERING.**—At a recent meeting of the Boston Society of Natural History, Dr. Warren stated, "A simple, easy, and effectual cure of stammering." It is, simply, at every syllable pronounced, to tap at the same time with the finger; by so doing, "the most inveterate stammerer will be surprised to find that he can pronounce quite fluently, and, by long and constant practice, he will pronounce perfectly well."

2674. **SUFFOCATION, APPARENT.**—Suffocation may arise from many different causes. Anything which prevents the air getting into the lungs will produce it. We shall give the principal causes, and the treatment to be followed in each case.

2675. 1. *Carbonic Acid Gas. Choke-Damp of Mines.*—This poisonous gas is met with in rooms where charcoal is burnt, and where there is not sufficient draught to allow it to escape; in coalpits, near limekilns, in breweries, and in rooms and houses where a great many people live huddled together in wretchedness and filth, and where the air in consequence becomes poisoned. This gas gives out no smell, so that we cannot know of its presence. A candle will not burn in a room which contains much of it.—*Effects.* At first there is giddiness, and a great wish to sleep; after a little time, or where there is much of it present, a person feels great weight in the head, and stupid; gets by degrees quite unable to move, and snores as if in a deep sleep. The limbs may or may not be stiff. The heat of the body remains much the same at first.—*Treatment.* Remove the person affected into the open air, and, even though it is cold weather, take off his clothes. Then lay him on his back, with his head slightly raised. Having done this, dash vinegar-and-water over the whole of the body, and rub it hard, especially the face and chest, with towels dipped in the same mixture. The hands and feet also should be rubbed with a hard brush. Apply smelling-salts to the nose, which may be tickled with a feather. Dashing cold water down the middle of the back is of great service. If the person can swallow, give him a little lemon-water, or vinegar-and-water to drink. The principal means, however, to be employed in this, as, in fact, in most cases of apparent suffocation, is what is called *artificial breathing*. This operation should be performed by three persons, and in the following manner:—The first person should put the nozzle of a common pair of bellows into one of the patient's nostrils; the second should push down, and then thrust back, that part of the throat called "Adam's apple;" and the third should first raise and then depress the chest, one hand being placed over each side of the ribs. These three actions should be performed in the following order:—First of all, the throat should be drawn down and thrust back; then the chest should be raised, and the bellows gently blown into the nostril. Directly this is done, the chest should be depressed, so as to imitate common breathing. This process should be repeated about eighteen times a minute. The mouth and the other nostril should be closed while the bellows are being blown. Persevere, if necessary, with this treatment for seven or eight hours—in fact, till absolute signs of death are visible. Many lives are

lost by giving it up too quickly. When the patient becomes roused, he is to be put into a warm bed, and a little brandy-and-water, or twenty drops of sal-volatile, given cautiously now and then. This treatment is to be adopted in all cases where people are affected from breathing bad air, smells, &c. &c.

2676. 2. *Drowning*.—This is one of the most frequent causes of death by suffocation.—*Treatment*. Many methods have been adopted, and as some of them are not only useless, but hurtful, we will mention them here, merely in order that they may be avoided. In the first place, then, never hang a person up by his heels, as it is an error to suppose that water gets into the lungs. Hanging a person up by his heels would be quite as bad as hanging him up by his neck. It is also a mistake to suppose that rubbing the body with salt and water is of service.—*Proper Treatment*. Directly a person has been taken out of the water, he should be wiped dry and wrapped in blankets; but if these cannot be obtained, the clothes of the bystanders must be used for the purpose. His head being slightly raised, and any water, weeds, or froth that may happen to be in his mouth, having been removed, he should be carried as quickly as possible to the nearest house. He should now be put into a warm bath, about as hot as the hand can pleasantly bear, and kept there for about ten minutes, artificial breathing being had recourse to while he is in it. Having been taken out of the bath, he should be placed flat on his back, with his head slightly raised, upon a warm bed in a warm room, wiped perfectly dry, and then rubbed constantly all over the body with warm flannels. At the same time, mustard poultices should be put to the soles of the feet, the palms of the hands, and the inner surface of the thighs and legs. Warm bricks, or bottles filled with warm water, should be placed under the armpits. The nose should be tickled with a feather, and smelling-salts applied to it. This treatment should be adopted while the bath is being got ready, as well as when the body has been taken out of it. The bath is not absolutely necessary; constantly rubbing the body with flannels in a warm room having been found sufficient for resuscitation. Sir B. Brodie says that warm air is quite as good as warm water. When symptoms of returning consciousness begin to show themselves, give a little wine, brandy, or twenty drops of sal-volatile and water. In some cases it is necessary, in about twelve or twenty-four hours after the patient has revived, to bleed him, for peculiar head-symptoms which now and then occur. Bleeding, however, even in the hands of professional men themselves, should be very cautiously used—non-professional ones should never think of it. The best thing to do in these cases is to keep the head well raised, and cool with a lotion such as that recommended above for sprains; to administer an aperient draught, and to abstain from giving anything that stimulates, such as wine, brandy, sal-volatile, &c. &c. As a general rule, a person dies in three minutes and a half after he has been under water. It is difficult, however, to tell how long he has actually been under it, although we may know well exactly how long he has been in it. This being the case, always persevere in your attempts at resuscitation until actual signs of death have shown themselves, even for six, eight, or ten hours.

Dr. Douglas, of Glasgow, resuscitated a person who had been under water for fourteen minutes, by simply rubbing the whole of his body with warm flannels, in a warm room, for eight hours and a half, at the end of which time the person began to show the *first* symptoms of returning animation. Should the accident occur at a great distance from any house, this treatment should be adopted as closely as the circumstances will permit of. Breathing through any tube, such as a piece of card or paper rolled into the form of a pipe, will do as a substitute for the bellows. To recapitulate: Rub the body dry; take matters out of mouth; cover with blankets or clothes; slightly raise the head, and place the body in a warm bath, or on a bed in a warm room; apply smelling-salts to nose; employ artificial breathing; rub well with warm flannels; put mustard poultices to feet, hands, and insides of thighs and legs, with warm bricks or bottles to armpits. *Don't bleed. Give wine, brandy, or sal-volatile when recovering, and persevere till actual signs of death are seen.*

2677. Briefly to conclude what we have to say of suffocation, let us treat of *Lightning*. When a person has been struck by lightning, there is a general paleness of the whole body, with the exception of the part struck, which is often blackened, or even scorched.—*Treatment*. Same as for drowning. It is not, however, of much use; for when death takes place at all, it is generally instantaneous.

2678. CURE FOR THE TOOTHACHE.—Take a piece of sheet zinc, about the size of a sixpence, and a piece of silver, say a shilling; place them together, and hold the defective tooth between them or contiguous to them; in a few minutes the pain will be gone, as if by magic. The zinc and silver, acting as a galvanic battery, will produce on the nerves of the tooth sufficient electricity to establish a current, and consequently to relieve the pain. Or smoke a pipe of tobacco and caraway-seeds. Again—

2679. A small piece of the pellitory root will, by the flow of saliva it causes, afford relief. Creosote, or a few drops of tincture of myrrh, or friar's balsam, on cotton, put on the tooth, will often subdue the pain. A small piece of camphor, however, retained in the mouth, is the most reliable and likely means of conquering the paroxysms of this dreaded enemy.

2680. WARTS.—Eisenberg says, in his "Advice on the Hand," that the hydrochlorate of lime is the most certain means of destroying warts; the process, however, is very slow, and demands perseverance, for, if discontinued before the proper time, no advantage is gained. The following is a simple cure:—On breaking the stalk of the crowfoot plant in two, a drop of milky juice will be observed to hang on the upper part of the stem; if this be allowed to drop on a wart, so that it be well saturated with the juice, in about three or four dressings the warts will die, and may be taken off with the fingers. They may be removed by the above means from the teats of

cows, where they are sometimes very troublesome, and prevent them standing quiet to be milked. The wart touched lightly every second day with lunar caustic, or rubbed every night with blue-stone, for a few weeks, will destroy the largest wart, wherever situated.

2681. TO CURE A WHITLOW.—As soon as the whitlow has risen distinctly, a pretty large piece should be snipped out, so that the watery matter may readily escape, and continue to flow out as fast as produced. A bread-and-water poultice should be put on for a few days, when the wound should be bound up lightly with some mild ointment, when a cure will be speedily completed. Constant poulticing both before and after the opening of the whitlow, is the only practice needed; but as the matter lies deep, when it is necessary to open the abscess, the incision must be made *deep* to reach the supuration.

2682. WOUNDS.—There are several kinds of wounds, which are called by different names, according to their appearance, or the manner in which they are produced. As, however, it would be useless, and even hurtful, to bother the reader's head with too many nice professional distinctions, we shall content ourselves with dividing wounds into three classes.

2683. 1. *Incised wounds or cuts*—those produced by a knife, or some sharp instrument.

2684. 2. *Lacerated, or torn wounds*—those produced by the claws of an animal, the bite of a dog, running quickly against some projecting blunt object, such as a nail, &c.

2685. 3. *Punctured or penetrating wounds*—those produced by anything running deeply into the flesh; such as a sword, a sharp nail, a spike, the point of a bayonet, &c.

2686. *Class 1. Incised wounds or cuts.*—The danger arising from these accidents is owing more to their position than to their extent. Thus, a cut of half an inch long, which goes through an artery, is more serious than a cut of two inches long, which is not near one. Again, a small cut on the head is more often followed by dangerous symptoms than a much larger one on the legs.—*Treatment.* If the cut is not a very large one, and no artery or vein is wounded, this is very simple. If there are any foreign substances left in the wound, they must be taken out, and the bleeding must be quite stopped before the wound is strapped up. If the bleeding is not very great, it may easily be stopped by raising the cut part, and applying rags dipped in cold water to it. All clots of blood must be carefully removed; for, if they are left behind, they prevent the wound from healing. When the bleeding has been stopped, and the wound perfectly cleaned, its two edges are to be brought closely together by thin straps of common adhesive plaster, which should remain on, if there is not great pain or heat about the part, for two or three days, without being

and the like ; purge with the No. 1 pills and the No. 1 mixture. (The No. 1 pill : Mix 5 grains of calomel and the same quantity of antimonial powder, with a little bread-crumbs, and make into two pills, which is the dose for an adult. The No. 1 mixture : Dissolve an ounce of Epsom salts in half a pint of senna tea. A quarter of the mixture is a dose.) If there are feverish symptoms, give two tablespoonfuls of fever-mixture (see above) every four hours. If possible, bring the two edges of the wound together, *but do not strain the parts to do this*. If they cannot be brought together, on account of a piece of flesh being taken clean out, or the raggedness of their edges, put lint dipped in cold water over the wound, and cover it with oiled silk. It will then fill up from the bottom. If the wound, after being well washed, should still contain any sand, or grit of any kind, or if it should get red and hot from inflammation, a large warm bread poultice will be the best thing to apply until it becomes quite clean, or the inflammation goes down. When the wound is a very large one, the application of warm poppy fomentations is better than that of the lint dipped in cold water. If the redness and pain about the part, and the general feverish symptoms, are great, from eight to twelve leeches are to be applied round the wound, and a warm poppy fomentation or warm bread poultice applied after they drop off.

2688. *Class 3. Punctured or penetrating wounds.*—These, for many reasons, are the most serious of all kinds of wounds.—*Treatment.* The same as that for lacerated wounds. Pus (matter) often forms at the bottom of these wounds, which should, therefore, be kept open at the top, by separating their edges every morning with a bodkin, and applying a warm bread poultice immediately afterwards. They will then, in all probability, heal up from the bottom, and any matter which may form will find its own way out into the poultice. Sometimes, however, in spite of all precautions, collections of matter (abscesses) will form at the bottom or sides of the wound. These are to be opened with a lancet, and the matter thus let out. When matter is forming, the patient has cold shiverings, throbbing pain in the part, and flushes on the face, which come and go. A swelling of the part is also often seen. The matter in the abscesses may be felt to move backwards and forwards, when pressure is made from one side of the swelling to the other with the first and second fingers (the middle and that next the thumb) of each hand.

MEDICAL MEMORANDA.

2689. *ADVANTAGES OF CLEANLINESS.*—Health and strength cannot be long continued unless the skin—*all* the skin—is washed frequently with a sponge or other means. Every morning is best ; after which the skin should be rubbed very well with a rough cloth. This is the most certain way of preventing cold, and a little substitute for exercise, as it brings blood to the surface, and causes it to circulate well through the fine capillary vessels. Labour produces this

circulation naturally. The insensible perspiration cannot escape well if the skin is not clean, as the pores get choked up. It is said that in health about half the aliment we take passes out through the skin.

2690. THE TOMATO MEDICINAL.—To many persons there is something unpleasant, not to say offensive, in the flavour of this excellent fruit. It has, however, long been used for culinary purposes in various countries of Europe. Dr. Bennett, a professor of some celebrity, considers it an invaluable article of diet, and ascribes to it very important medicinal properties. He declares:—
1. That the tomato is one of the most powerful deobstruents of the *materia medica*; and that, in all those affections of the liver and other organs where calomel is indicated, it is probably the most effective and least harmful remedial agent known in the profession. 2. That a chemical extract can be obtained from it, which will altogether supersede the use of calomel in the cure of diseases. 3. That he has successfully treated diarrhoea with this article alone. 4. That when used as an article of diet, it is almost a sovereign remedy for dyspepsia and indigestion.

2691. WARM WATER.—Warm water is preferable to cold water, as a drink, to persons who are subject to dyspeptic and bilious complaints, and it may be taken more freely than cold water, and consequently answers better as a diluent for carrying off bile, and removing obstructions in the urinary secretion, in cases of stone and gravel. When water of a temperature equal to that of the human body is used for drink, it proves considerably stimulant, and is particularly suited to dyspeptic, bilious, gouty, and chlorotic subjects.

2692. CAUTIONS IN VISITING SICK-ROOMS.—Never venture into a sick-room if you are in a violent perspiration (if circumstances require your continuance there), for the moment your body becomes cold, it is in a state likely to absorb the infection, and give you the disease. Nor visit a sick person (especially if the complaint be of a contagious nature) with an empty stomach; as this disposes the system more readily to receive the contagion. In attending a sick person, place yourself where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapour in that direction, and you would run much danger from breathing it.

2693. NECESSITY OF GOOD VENTILATION IN ROOMS LIGHTED WITH GAS.—In dwelling-houses lighted by gas, the frequent renewal of the air is of great importance. A single gas-burner will consume more oxygen, and produce more carbonic acid to deteriorate the atmosphere of a room, than six or eight candles. If, therefore, when several burners are used, no provision is made for the escape of the corrupted air and for the introduction of pure air from without, the health will necessarily suffer.

LEGAL MEMORANDA.

CHAPTER XLIV.

2694. HUMORISTS tell us there is no act of our lives which can be performed without breaking through some one of the many meshes of the law by which our rights are so carefully guarded ; and those learned in the law, when they do give advice without the usual fee, and in the confidence of friendship, generally say, "Pay, pay anything rather than go to law ;" while those having experience in the courts of Themis have a wholesome dread of its pitfalls. There are a few exceptions, however, to this fear of the law's uncertainties ; and we hear of those to whom a lawsuit is an agreeable relaxation, a gentle excitement. One of this class, when remonstrated with, retorted, that while one friend kept dogs, and another horses, he, as he had a right to do, kept a lawyer ; and no one had a right to dispute his taste. We cannot pretend, in these few pages, to lay down even the principles of law, not to speak of its contrary exposition in different courts ; but there are a few acts of legal import which all men—and women too—must perform ; and to these acts we may be useful in giving a right direction. There is a house to be leased or purchased, servants to be engaged, a will to be made, or property settled, in all families ; and much of the welfare of its members depends on these things being done in proper legal form.

2695. PURCHASING A HOUSE.—Few men will venture to purchase a freehold, or even a leasehold property, by private contract, without making themselves acquainted with the locality, and employing a solicitor to examine the titles, ; but many do walk into an auction-room, and bid for a property upon the representations of the auctioneer. The conditions, whatever they are, will bind him ; for by one of the legal fictions of which we have still so many, the auctioneer, who is in reality the agent for the vendor, becomes also the agent for the buyer, and by putting down the names of bidders and the biddings, he binds him to whom the lot is knocked down to the sale and the conditions,—the falling of the auctioneer's hammer is the acceptance of the offer, which completes the agreement to purchase. In any such transaction you can only look at the written or printed particulars ; any verbal statement of the auctioneer, made at the time of the sale, cannot contradict them, and they are implemented by the agreement, which the auctioneer calls

on the purchaser to sign after the sale. You should sign no such contract without having a duplicate of it signed by the auctioneer, and delivered to you. It is, perhaps, unnecessary to add, that no trustee or assignee can purchase property for himself included in the trust, even at auction; nor is it safe to pay the purchase-money to an agent of the vendor, unless he give a written authority to the agent to receive it, besides handing over the requisite deeds and receipts.

2696. The laws of purchase and sale of property are so complicated that Lord St. Leonards devotes five chapters of his book on Property Law to the subject. The only circumstances strong enough to vitiate a purchase, which has been reduced to a written contract, is proof of fraudulent representation as to an encumbrance of which the buyer was ignorant, or a defect in title; but every circumstance which the purchaser might have learned by careful investigation, the law presumes that he did know. Thus, in buying a leasehold estate or house, all the covenants of the original lease are presumed to be known. "It is not unusual," says Lord St. Leonards, "to stipulate, in conditions of sale of leasehold property, that the production of a receipt for the last year's rent shall be accepted as proof that all the lessor's covenants were performed up to that period. Never bid for one clogged with such a condition. There are some acts against which no relief can be obtained; for example, the tenant's right to insure, or his insuring in an office or in names not authorized in the lease. And you should not rely upon the mere fact of the insurance being correct at the time of sale: there may have been a prior breach of covenant, and the landlord may not have waived his right of entry for the forfeiture." And where any doubt of this kind exists, the landlord should be appealed to.

2697. Interest on a purchase is due from the day fixed upon for completing: where it cannot be completed, the loss rests with the party with whom the delay rests; but it appears, when the delay rests with the seller, and the money is lying idle, notice of that is to be given to the seller to make him liable to the loss of interest. In law, the property belongs to the purchaser from the date of the contract; he is entitled to any benefit, and must bear any loss; the seller may suffer the insurance to drop without giving notice; and should a fire take place, the loss falls on the buyer. In agreeing to buy a house, therefore, provide at the same time for its insurance. Common fixtures pass with the house, where nothing is said about them.

2698. There are some well-recognized laws, of what may be called good-neighbourhood, which affect all properties. If you purchase a field or house, the seller retaining another field between yours and the highway, he must of necessity grant you a right of way. Where the owner of more than one house sells one of them, the purchaser is entitled to benefit by all drains leading from his house into other drains, and will be subject to all necessary drains for the adjoining houses, although there is no express reservation as to drains.

Thus, if his happens to be a leading drain, other necessary drains may be opened into it. In purchasing land for building on, you should expressly reserve a right to make an opening into any sewer or watercourse on the vendor's land for drainage purposes.

2699. **CONSTRUCTIONS.**—Among the cautions which purchasers of houses, land, or leaseholds, should keep in view, is a not inconsiderable array of *constructive* notices, which are equally binding with actual ones. Notice to your attorney or agent is notice to you; and when the same attorney is employed by both parties, and he is aware of an encumbrance of which you are ignorant, you are bound by it; even where the vendor is guilty of a fraud to which your agent is privy, you are responsible, and cannot be released from the consequences.

2700. **THE RELATIONS OF LANDLORD AND TENANT** are most important to both parties, and each should clearly understand his position. The proprietor of a house, or house and land, agrees to let it either to a tenant-at-will, a yearly tenancy, or under lease. A tenancy-at-will may be created by parol or by agreement; and as the tenant may be turned out when his landlord pleases, so he may leave when he himself thinks proper; but this kind of tenancy is extremely inconvenient to both parties. Where an annual rent is attached to the tenancy, in construction of law, a lease or agreement without limitation to any certain period is a lease from year to year, and both landlord and tenant are entitled to notice before the tenancy can be determined by the other. This notice must be given at least six months before the expiration of the current year of the tenancy, and it can only terminate at the end of any whole year from the time at which it began; so that the tenant entering into possession at Midsummer, the notice must be given to or by him, so as to terminate at the same term. When once he is in possession, he has a right to remain for a whole year; and if no notice be given at the end of the first half-year of his tenancy, he will have to remain two years, and so on for any number of years.

2701. **TENANCY BY SUFFERANCE.**—This is a tenancy, not very uncommon, arising out of the unwillingness of either party to take the initiative in a more decided course at the expiry of a lease or agreement. The tenant remains in possession, and continues to pay rent as before, and becomes, from sufferance, a tenant from year to year, which can only be terminated by one party or the other giving the necessary six months' notice to quit at the term corresponding with the commencement of the original tenancy. This tenancy at sufferance applies also to an under-tenant, who remains in possession and pays rent to the reversioner or head landlord. A six months' notice will be insufficient for this tenancy. A notice was given (in *Right v. Darby*, I.T.R. 159) to quit a house held by plaintiff as tenant from year to year, on the 17th June, 1840, requiring him "to quit the premises on the 11th October following, or such other day as his said tenancy might expire." The tenancy had commenced on the 11th October in a former year, but it was held that this was

not a good notice for the year ending October 11, 1841. A tenant from year to year gave his landlord notice to quit, ending the tenancy at a time within the half-year; the landlord acquiesced at first, but afterwards refused to accept the notice. The tenant quitted the premises; the landlord entered, and even made some repairs, but it was afterwards held that the tenancy was not determined. A notice to quit must be such as the tenant may safely act on at the time of receiving it; therefore it can only be given by an agent properly authorized at the time, and cannot be made good by the landlord adopting it afterwards. An unqualified notice, given at the proper time, should conclude with "On failure whereof, I shall require you to pay me double the former rent for so long as you retain possession."

2702. **LEASES.**—A lease is an instrument in writing, by which one person grants to another the occupation and use of lands or tenements for a term of years for a consideration, the lessor granting the lease, and the lessee accepting it with all its conditions. A lessor may grant the lease for any term less than his own interest. A tenant for life in an estate can only grant a lease for his own life. A tenant for life, having power to grant a lease, should grant it only in the terms of the power, otherwise the lease is void, and his estate may be made to pay heavy penalties under the covenant, usually the only one onerous on the lessor, for quiet enjoyment. The proprietor of a freehold—that is, of the possession in perpetuity of lands or tenements—may grant a lease for 999 years, for 99 years, or for 3 years. In the latter case, the lease may be either verbal or in writing, no particular form and no stamps being necessary, except the usual stamp on agreements; so long as the intention of the parties is clearly expressed, and the covenants definite, and well understood by each party, the agreement is complete, and the law satisfied. In the case of settled estates, the court of Chancery is empowered to authorize leases under the 19 & 20 Vict. c. 120, and 21 & 22 Vict. c. 77, as follows:—

- 21 years for agriculture or occupation.
- 40 years for water-power.
- 99 years for building-leases.
- 60 years for repairing-leases.

2703. A lessor may also grant an under-lease for a term less than his own: to grant the whole of his term would be an assignment. Leases are frequently burdened with a covenant not to underlet without the consent of the landlord: this is a covenant sometimes very onerous, and to be avoided, where it is possible, by a prudent lessee.

2704. A lease for any term beyond three years, whether an actual lease or an agreement for one, must be in the form of a deed; that is, it must be "under seal;" and all assignments and surrenders of leases must be in the same form, or they are *void at law*. Thus, an agreement made by letter, or by a memorandum of agreement, which would be binding in most cases,

would be valueless when it was for a lease, unless witnessed, and given under hand and seal. The last statute, 8 & 9 Vict. c. 106, under which these precautions became necessary, has led to serious difficulties. "The judges," says Lord St. Leonards, "feel the difficulty of holding a lease in writing, but not by deed, to be altogether void, and consequently decided, that although such a lease is void under the statute, yet it so far regulates the holding, that it creates a tenancy from year to year, terminable by half a year's notice; and if the tenure endure for the term attempted to be created by the void lease, the tenant may be evicted at the end of the term without any notice to quit." An agreement for a lease not by deed has been construed to be a lease for a term of years, and consequently void under the statute; "and yet," says Lord St. Leonards, "a court of equity has held that it may be specifically enforced as an agreement upon the terms stated." The law on this point is one of glorious uncertainty; in making any such agreement, therefore, we should be careful to express that it is an agreement, and not a lease; and that it is witnessed and under seal.

2705. AGREEMENTS.—It is usual, where the lease is a repairing one, to agree for a lease to be granted on completion of repairs according to specification. This agreement should contain the names and designation of the parties, a description of the property, and the term of the intended lease, and all the covenants which are to be inserted, as no verbal agreement can be made to a written agreement. It should also declare that the instrument is an agreement for a lease, and not the lease itself. The points to be settled in such an agreement are, the rent, term, and especially covenants for insuring and rebuilding in the event of a fire; and if it is intended that the lessor's consent is to be obtained before assigning or underleasing, a covenant to that effect is required in the agreement. In building-leases, usually granted for 99 years, the tenant is to insure the property; and even where the agreement is silent on that point, the law decides it so. It is otherwise with ordinary tenements, when the tenant pays a full, or what the law terms rack-rent; the landlord is then to insure, unless it is otherwise arranged by the agreement.

2706. It is important for lessee, and lessor also, that the latter does not exceed his powers. A lease granted by a tenant for life before he is properly in possession, is void in law; for, although a court of equity, according to Lord St. Leonards, will, "by force of its own jurisdiction, support a *bonâ fide* lease, granted under a power which is merely erroneous in form or ceremonies," and the 12 & 13 Vict. c. 26, and 13 & 14 Vict. c. 19, compel a new lease to be granted with the necessary variations, while the lessor has no power to compel him to accept such a lease, except when the person in remainder is competent and willing to confirm the original lease without variations, yet all these difficulties involve both delay, costs, and anxieties.

2707. In husbandry leases, a covenant to cultivate the land in a husbandlike manner, and according to the custom of the district, is always implied; but

It is more usual to prescribe the course of tillage which is to be pursued. In the case of houses for occupation, the tenant would have to keep the house in a tenable state of repair during the term, and deliver it up in like condition. This is not the case with the tenant at will, or from year to year, when the landlord has to keep the house in tenable repair, and the tenant is only liable for waste beyond reasonable wear and tear.

2708. **INSURANCE.**—Every lease, or agreement for a lease, should covenant not only who is to pay insurance, but how the tenement is to be rebuilt in the event of a fire; for if the house were burnt down, and no provision made for insurance, the tenant, supposing there was the ordinary covenant to repair in the lease, would not only have to rebuild, but to pay rent while it was being rebuilt. More than this, supposing, under the same lease, the landlord had taken the precaution of insuring, he is not compelled to lay out the money recovered in rebuilding the premises. Sir John Leach lays it down, that “the tenant’s situation could not be changed by a precaution, on the part of the landlord, with which he had nothing to do.” This decision Lord Campbell confirmed in a more recent case, in which an action was brought against a lessee who was not bound to repair, and neither he nor the landlord bound to insure; admitting an equitable defence, the court affirmed Sir John Leach’s decision, holding that the tenant was bound to pay the rent, and could not require the landlord to lay out the insurance money in rebuilding. This is opposed to the opinion of Lord St. Leonards, who admits, however, that the decision of the court must overrule his *dictum*. Such being the state of the law, it is very important that insurance should be provided for, and that the payment of rent should be made to depend upon rebuilding the house in the event of a fire. Care must be taken, however, that this is made a covenant of the lease, as well as in the agreement, otherwise the tenant must rebuild the house.

2709. The law declares that a tenant is not bound to repair damages by tempest, lightning, or other natural casualty, unless there is a special covenant to that effect in the lease; but if there is a general covenant to repair, the repair will fall upon the tenant. Lord Kenyon lays it down, in the case of a bridge destroyed by a flood, the tenant being under a general covenant to repair, that, “where a party, by his own contract, creates a duty or charge upon himself, he is bound to make it good, because he might have guarded against it in the contract.” The same principle of law has been applied to a house destroyed by lightning. It is, therefore, important to have this settled in the insurance clause.

2710. Lord St. Leonards asserts that “his policies against fire are not so framed as to render the company *legally* liable.” Generally the property is inaccurately described with reference to the conditions under which you insure. They are framed by companies who, probably, are not unwilling to have a legal defence against any claim, as they intend to pay what they deem a just claim without taking advantage of any technical objection, and intend-

ing to make use of their defence only against what they believe to be a fraud, although they may not be able to prove it. "But," says his lordship, "do not rely upon the moral feelings of the directors. Ascertain that your house falls strictly within the conditions. Even having the surveyor of the company to look over your house before the insurance will not save you, unless your policy is correct." This is true; but probably his lordship's legal jealousy overshoots the mark here. Assurance companies only require an honest statement of the facts, and that no concealment is practised with their surveyor; and the case of his own, which he quotes, in which a glass door led into a conservatory, rendering it, according to the view of the company, "hazardous," and consequently voiding the policy, when a fire did occur, the company paid, rather than try the question; but even after the fire they demurred, when called upon, to make the description correct and indorse on the policy the fact that the drawing-room opened through a glass door into conservatories. One of two inferences is obvious here; either his lordship has overcoloured the statement, or the company could not be the respectable one represented. The practice with all reputable offices is to survey the premises before insurance, and to describe them as they appear; but no concealment of stoves, or other dangerous accessories or inflammable goods, should be practised. This certainly binds the office so long as no change takes place; but the addition of any stove, opening, or door through a party wall, the introduction of gunpowder, saltpetre, or other inflammable articles into the premises without notice, very properly "voids the policy." The usual course is to give notice of all alterations, and have them indorsed on the policy, as additions to the description of the property: there is little fear, where this is honestly done, that any company would adopt the sharp practice hinted at in Lord St. Leonards' excellent handy book.

2711. BREAKS IN THE LEASE.—Where a lease is for seven, fourteen, or twenty-one years, the option to determine it at the end of the first term is in the tenant, unless it is distinctly agreed that the option shall be mutual, according to Lord St. Leonards.

2712. NOXIOUS TRADES.—A clause is usually introduced prohibiting the carrying on of any trade in some houses, and of noxious or particular trades in others. This clause should be jealously inspected, otherwise great annoyance may be produced. It has been held that a general clause of this description prohibited a tenant from keeping a school, for which he had taken it, although a lunatic asylum and public-house have been found admissible; the keeping an asylum not being deemed a trade, which is defined as "conducted by buying and selling." It is better to have the trades, or class of trades objected to, defined in the lease.

2713. FIXTURES.—In houses held under lease, it has been the practice with landlords to lease the bare walls of the tenement only, leaving the lessee to put in the stoves, cupboards, and such other conveniences as he requires, at his

own option. These, except under particular circumstances, are the property of the lessee, and may either be sold to an incoming tenant, or removed at the end of his term. The articles which may not be removed are subject to considerable doubt, and are a fruitful source of dispute. Mr. Commissioner Fonblanque has defined as tenants' property all goods and chattels; 2ndly, all articles "slightly connected one with another, and with the freehold, but capable of being separated without materially injuring the freehold;" 3rdly, articles fixed to the freehold by nails and screws, bolts or pegs, are also tenants' goods and chattels; but when sunk in the soil, or built on it, they are integral parts of the freehold, and cannot be removed. Thus, a greenhouse or conservatory attached to the house by the tenant is not removable; but the furnace and hot-water pipes by which it is heated, may be removed or sold to the in-coming tenant. A brick flue does not come under the same category, but remains. Window-blinds, grates, stoves, coffee-mills, and, in a general sense, everything he has placed which can be removed without injury to the freehold, he may remove, if they are separated from the tenement during his term, and the place made good. It is not unusual to leave the fixtures in their place, with an undertaking from the landlord that, when again let, the in-coming tenant shall pay for them, or permit their removal. In a recent case, however, a tenant having held over beyond his term and not removed his fixtures, the landlord let the premises to a new tenant, who entered into possession, and would not allow the fixtures to be removed—it was held by the courts, on trial, that he was justified. A similar case occurred to the writer: he left his fixtures in the house, taking a letter from the landlord, undertaking that the in-coming tenant should pay for them by valuation, or permit their removal. The house was let; the landlord died. His executors, on being applied to, pleaded ignorance, as did the tenant, and on being furnished with a copy of the letter, the executors told applicant that if he was aggrieved, he knew his remedy; namely, an action at law. He thought the first loss the least, and has not altered his opinion.

2714. TAXES.—Land-tax, sewers-rate, and property-tax, are landlord's taxes; but by 30 Geo. II. c. 2, the occupier is required to pay all rates levied, and deduct from the rent such taxes as belong to the landlord. Many landlords now insert a covenant, stipulating that land-tax and sewers-rate are to be paid by the tenants, and not deducted: this does not apply to the property-tax. All other taxes and rates are payable by the occupier.

2715. WATER-RATE, of course, is paid by the tenant. The water-companies, as well as gas-companies, have the power of cutting off the supply; and most of them have also the right of distraining, in the same manner as landlords have for rent.

2716. NOTICE TO QUIT.—In the case of leasing for a term, no notice is necessary; the tenant quits, as a matter of course, at its termination; or

if, by tacit consent, he remains paying rent as heretofore, he becomes a tenant at sufferance, or from year to year. Half a year's notice now becomes necessary, as we have already seen, to terminate the tenancy; except in London, and the rent is under forty shillings, when a quarter's notice is sufficient. Either of these notices may be given verbally, if it can be proved that the notice was definite, and given at the right time. Form of notice is quite immaterial, provided it is definite and clear in its purport.

2717. Tenancy for less than a year may be terminated according to the taking. Thus, when taken for three months, a three months' notice is required; when monthly, a month's notice; and when weekly, a week's notice; but weekly tenancy is changed to a quarterly tenure if the rent is allowed to stand over for three months. When taken for a definite time, as a month, a week, or a quarter, no notice is necessary on either side.

2718. DILAPIDATIONS.—At the termination of a lease, supposing he has not done so before, a landlord can, and usually does, send a surveyor to report upon the condition of the tenement, and it becomes his duty to ferret out every defect. A litigious landlord may drag the outgoing tenant into an expensive lawsuit, which he has no power to prevent. He may even compel him to pay for repairing improvements which he has effected in the tenement itself, if dilapidations exist. When the lessor covenants to do all repairs, and fails to do so, the lessee may repair, and deduct the cost from the rent.

2719. RECOVERY OF RENT.—The remedies placed in the hands of landlords are very stringent. The day after rent falls due, he may proceed to recover it, by action at law, by distress on the premises, or by action of ejectment, if the rent is half a year in arrear. Distress is the remedy usually applied, the landlord being authorized to enter the premises, seize the goods and chattels of his tenant, and sell them, on the fifth day, to reimburse himself for all arrears of rent and the charges of the distress. There are a few exceptions; but, generally, all goods found on the premises may be seized. The exceptions are—dogs, rabbits, poultry, fish, tools and implements of a man's trade actually in use, the books of a scholar, the axe of a carpenter, wearing apparel on the person, a horse at the plough, or a horse he may be riding, a watch in the pocket, loose money, deeds, writings, the cattle at a smithy forge, corn sent to a mill for grinding, cattle and goods of a guest at an inn; but, curiously enough, carriages and horses standing at livery at the same inn may be taken. Distress can only be levied in the daytime, and if made after the tender of arrears, it is illegal. If tender is made after the distress, but before it is impounded, the landlord must abandon the distress and bear the cost himself. Nothing of a perishable nature, which cannot be restored in the same condition—as milk, fruit, and the like, must be taken.

2720. The law does not regard a day as consisting of portions. The popular notion that a notice to quit should be served before noon is an error. Although distraint is one of the remedies, it is seldom advisable in a landlord to resort to distraining for the recovery of rent. If a tenant cannot pay his rent, the sooner he leaves the premises the better. If he be a rogue and won't pay, he will probably know that nine out of ten distresses are illegal, through the carelessness, ignorance, or extortion of the brokers who execute them. Many, if not most, of the respectable brokers will not execute distresses, and the business falls into the hands of persons whom it is by no means desirable to employ.

2721. Powers to relieve landlords of premises, by giving them legal possession, are given by 19 & 20 Vict., cap. 108, to the county courts, in cases where the rent does not exceed £50 per annum, and under the circumstances hereinafter mentioned; i.e. :—

1. Where the term has expired, or been determined by notice to quit.
2. Where there is one half-year's rent in arrear, and *the landlord shall have right by law to enter for the nonpayment thereof*. As proof of this power is required, the importance of including such a power in the agreement for tenancy will be obvious.

In the county courts the amount of rent due may be claimed, as well as the possession of the premises, in one summons.

2722. When a tenant deserts premises, leaving one half-year's rent in arrear, possession may be recovered by means of the police-court. The rent must not exceed £20 per annum, and must be at least three-fourths of the value of the premises. In cases in which the tenant has not deserted the premises, and where notice to quit has been given and has expired, the landlord must give notice to the tenant of his intended application. The annual rent in this case, also, must not exceed £20.

2723. THE I. O. U.—The law is not particular as to orthography; in fact, it distinctly refuses to recognize the existence of that delightful science. You may bring your action against Mr. Jacob Phillips, under the fanciful denomination of Jaycobb Fillipse, if you like, and the law won't care, because the law goes by ear; and, although it insists upon having everything written, things written are only supposed in law to have any meaning when read, which is, after all, a common-sense rule enough. So, instead of "I owe you," persons of a cheerful disposition, so frequently found connected with debt, used to write facetiously I. O. U., and the law approved of their so doing. An I. O. U. is nothing more than a written admission of a debt, and may run thus :—

15th October, 1860.

To Mr. W. BROWN.

I. O. U. ten pounds for coals.

£10.

JOHN JONES.

If to this you add the time of payment, as "payable in one month from this

date," your I. O. U. is worthless and illegal; for it thus ceases to be a mere acknowledgment, and becomes a promissory note. Now a promissory note requires a stamp, which an I. O. U. does not. Many persons, nevertheless, stick penny stamps upon them, probably for ornamental effect, or to make them look serious and authoritative. If for the former purpose, the postage-stamp looks better than the receipt stamp upon blue paper. If you are W. Brown, and you didn't see the I. O. U. signed, and can't find anybody who knows Jones's autograph, and Jones won't pay, the I. O. U. will be of no use to you in the county court, except to make the judge laugh. He will, however, allow you to prove the consideration, and as, of course, you won't be prepared to do anything of the sort, he will, if you ask him politely, adjourn the hearing for a week, when you can produce the coalheavers who delivered the article, and thus gain a glorious victory.

2724. APPRENTICES.—By the statute 5 Eliz. cap. 4, it is enacted that, in cases of ill-usage by masters towards apprentices, or of neglect of duty by apprentices, the complaining party may apply to a justice of the peace, who may make such order as equity may require. If, for want of conformity on the part of the master, this cannot be done, then the master may be bound to appear at the next sessions. Authority is given by the act to the justices in sessions to discharge the apprentice from his indentures. They are also empowered, on proof of misbehaviour of the apprentice, to order him to be corrected or imprisoned with hard labour.

2725. HUSBAND AND WIFE.—Contrary to the vulgar opinion, second cousins, as well as first, may legally marry. When married, a husband is liable for his wife's debts contracted before marriage. A creditor desirous of suing for such a claim should proceed against both. It will, however, be sufficient if the husband be served with process, the names of both appearing therein, thus:—John Jones and Ann his wife. A married woman, if sued alone, may plead her marriage, or, as it is called in law, coverture. The husband is liable for debts of his wife contracted for necessaries while living with him. If she voluntarily leaves his protection, this liability ceases. He is also liable for any debts contracted by her with his authority. If the husband have abjured the realm, or been transported by a sentence of law, the wife is liable during his absence, as if she were a single woman, for debts contracted by her.

2726. In civil cases, a wife may now give evidence on behalf of her husband; in criminal cases she can neither be a witness for or against her husband. The case of assault by him upon her forms an exception to this rule.

2727. The law does not at this day admit the ancient principle of allowing moderate correction by a husband upon the person of his wife. Although this is said to have been anciently limited to the use of "a stick not bigger than

the thumb," this barbarity is now altogether exploded. He may, notwithstanding, as has been recently shown in the famous Agapemone case, keep her under restraint, to prevent her leaving him, provided this be effected without cruelty.

2728. By the Divorce and Matrimonial Causes Act, 1857, a wife deserted by her husband may apply to a magistrate, or to the petty sessions, for an order to protect her lawful earnings or property acquired by her after such desertion, from her husband and his creditors. In this case it is indispensable that such order shall, within ten days, be entered at the county court of the district within which she resides. It will be seen that the basis of an application for such an order is *desertion*. Consequently, where the parties have separated by common consent, such an order cannot be obtained, any previous cruelty or misconduct on the husband's part notwithstanding.

2729. When a husband allows his wife to invest money in her own name in a savings-bank, and he survives her, it is sometimes the rule of such establishments to compel him to take out administration in order to receive such money, although it is questionable whether such rule is legally justifiable. Widows and widowers pay no legacy-duty for property coming to them through their deceased partners.

2730. RECEIPTS for sums above £2 should now be given upon penny stamps. A bill of exchange may nevertheless be discharged by an indorsement stating that it has been paid, and this will not be liable to the stamp. A receipt is not, as commonly supposed, conclusive evidence as to a payment. It is only what the law terms *prima facie* evidence; that is, good until contradicted or explained. Thus, if A sends wares or merchandise to B, with a receipt, as a hint that the transaction is intended to be for ready money, and B detain the receipt without paying the cash, A will be at liberty to prove the circumstances and to recover his claim. The evidence to rebut the receipt must, however, be clear and indubitable, as, after all, written evidence is of a stronger nature than oral testimony.

2731. BOOKS OF ACCOUNT.—A tradesman's books of account cannot be received as evidence in his own behalf, unless the entries therein be proved to have been brought under the notice of, and admitted to be correct by the other party, as is commonly the case with the "pass-books" employed backwards and forwards between bakers, butchers, and the like domestic traders, and their customers. The defendant may, however, compel the tradesman to produce his books to show entries adverse to his own claim.

2732. WILLS.—The last proof of affection which we can give to those left behind, is to leave their worldly affairs in such a state as to excite neither jealousy, nor anger, nor heartrendings of any kind, at least for the immediate future. This can only be done by a just, clear, and intelligible disposal of whatever there is to leave. Without being advocates for every man being his

own lawyer, it is not to be denied that the most elaborately prepared wills have been the most fruitful sources of litigation, and it has even happened that learned judges left wills behind them which could not be carried out. Except in cases where the property is in land or in leases of complicated tenure, very elaborate details are unnecessary ; and we counsel no man to use words in making his will of which he does not perfectly understand the meaning and import.

2733. All men over twenty-one years of age, and of sound mind, and all unmarried women of like age and sanity, may by will bequeath their property to whom they please. Infants, that is, all persons under twenty-one years of age, and married women, except where they have an estate to their "own separate use," are incapacitated, without the concurrence of the husband ; the law taking the disposal of any property they die possessed of. A person born deaf and dumb cannot make a will, unless there is evidence that he could read and comprehend its contents. A person convicted of felony cannot make a will, unless subsequently pardoned ; neither can persons outlawed ; but the wife of a felon transported for life may make a will, and act in all respects as if she were unmarried. A suicide may bequeath real estate, but personal property is forfeited to the crown.

2734. Except in the case of soldiers on actual service, and sailors at sea, every will must be made in writing. It must be signed by the testator, or by some other person in his presence, and at his request, and the signature must be made or acknowledged in the presence of two or more witnesses, who are required to be present at the same time, who declare by signing that the will was signed by the testator, or acknowledged in their presence, and that they signed as witnesses in testator's presence.

2735. By the act of 1852 it was enacted that no will shall be valid unless signed at the foot or end thereof by the testator, or by some person in his presence, and by his direction ; but a subsequent act proceeds to say that every will shall, as far only as regards the position of the signature of the testator, or of the person signing for him, be deemed valid if the signature shall be so placed at, or after, or following, or under, or beside, or opposite to the end of the will, that it shall be apparent on the face of it that the testator intended to give it effect by such signature. Under this clause, a will of several sheets, all of which were duly signed, except the last one, has been refused probate ; while, on the other hand, a similar document has been admitted to probate where the last sheet only, and none of the other sheets, was signed. In order to be perfectly formal, however, each separate sheet should be numbered, signed, and witnessed, and attested on the last sheet. This witnessing is an important act : the witnesses must subscribe it in the presence of the testator and of each other ; and by their signature they testify to having witnessed the signature of the testator, he being in sound mind at the time. Wills made under any kind of coercion, or even impor-

tunity, may become void, being contrary to the wishes of the testator. Fraud or imposition also renders a will void, and where two wills made by the same person happen to exist, neither of them dated, the maker of the wills is declared to have died intestate.

2736. A will may always be revoked and annulled, but only by burning or entirely destroying the writing, or by adding a codicil, or making a subsequent will duly attested; but as the alteration of a will is only a revocation to the extent of the alteration, if it is intended to revoke the original will entirely, such intention should be declared,—no merely verbal directions can revoke a written will; and the act of running the pen through the signatures, or down the page, is not sufficient to cancel it, without a written declaration to that effect signed and witnessed.

2737. A will made before marriage is revoked thereby.

2738. A codicil is a supplement or addition to a will, either explaining or altering former dispositions; it may be written on the same or separate paper, and is to be witnessed and attested in the same manner as the original document.

2739. WITNESSES.—Any persons are qualified to witness a will who can write their names; but such witness cannot be benefitted by the will. If a legacy is granted to the persons witnessing, it is void. The same rule applies to the husband or wife of a witness; a bequest made to either of these is void.

2740. FORM OF WILLS.—Form is unimportant, provided the testator's intention is clear. It should commence with his designation; that is, his name and surname, place of abode, profession, or occupation. The legatees should also be clearly described. In leaving a legacy to a married woman, if no trustees are appointed over it, and no specific directions given, "that it is for her sole and separate use, free from the control, debts, and incumbrances of her husband," the husband will be entitled to the legacy. In the same manner a legacy to an unmarried woman will vest in her husband after marriage, unless a settlement of it is made on her before marriage.

2741. In sudden emergencies a form may be useful, and the following has been considered a good one for a death-bed will, where the assistance of a solicitor could not be obtained; indeed, few solicitors can prepare a will on the spur of the moment: they require time and legal forms, which are by no means necessary, before they can act.

I, A. B., of No. 10, —, Street, in the city of — [gentleman, builder, or grocer, as the case may be,] being of sound mind, thus publish and declare my last will and testament. Revoking and annulling all former dispositions of my property, I give and bequeath as follows:—to my son J. B., of —, I give and bequeath the sum

of —; to my daughter M., the wife of J., of —, I give and bequeath the sum of — [if intended for her own use, add, "to her sole and separate use, free from the control, debts, and incumbrances of her husband"], both in addition to any sum or sums of money or other property they have before had from me. All the remaining property I do possess of I leave to my dear wife M. B., for her sole and separate use during her natural life, together with my house and furniture, situate at No. 10. — Street, aforesaid. At her death, I desire that the said house shall be sold, with all the goods and chattels therein [or, I give and bequeath the said house, with all the goods and chattels therein, to —], and the money realized from the sale, together with that in which my said wife had a life-interest, I give and bequeath in equal moieties to my son and daughter before named. I appoint my dear friend T. S., of —, and T. B., of —, together with my wife M. B., as executors to this my last will and testament.

Signed by A. B., this 10th day of October, 1861, in our presence,
 both being present together, and both having signed as witnesses, } A. B.
 in the presence of the testator :—

T. S., Witness.
 F. M., Witness.

It is to be observed that the signature of the testator after this attestation has been signed by the witnesses, is not a compliance with the act; he must sign first.

2742. **STAMP-DUTIES.**—In the case of persons dying intestate, when their effects are administered to by their family, the stamp-duty is half as much more as it would have been under a will. Freehold and copyhold estates are now subject to a special impost on passing, by the Stamp Act of 1857.

2743. The legacy-duty only commences when it amounts to £20 and upwards; and where it is not directed otherwise, the duty is deducted from the legacy.

2744. You cannot compound for past absence of charity by bequeathing land or tenements, or money to purchase such, to any charitable use, by your last will and testament; but you may devise them to the British Museum, to either of the two universities of Oxford and Cambridge, to Eton, Winchester, and Westminster; and you may, if so inclined, leave it for the augmentation of Queen Anne's bounty. You may, however, order your executors to sell land and hand over the money received to any charitable institution.

2745. In making provision for a wife, state whether it is in lieu of, or in addition to, dower.

2746. If you have advanced money to any child, and taken an acknowledgment for it, or entered it in any book of account, you should declare whether any legacy left by will is in addition to such advance, or whether it is to be deducted from the legacy.

2747. A legacy left by will to any one would be cancelled by your leaving another legacy by a codicil to the same person, unless it is stated to be in addition to the former bequest.

2748. Your entire estate is chargeable with your debts, except where the

real estate is settled. Let it be distinctly stated out of which property, real or personal, they are paid, where it consists of both.

2749. Whatever is *devised*, let the intention be clearly expressed, and w
out any condition, if you intend it to take effect.

2750. Attestation is not necessary to a will, as the act of witnessing i
the law requires, and the will itself declares the testator to be of sound m
in his own estimation ; but, wherever there are erasures or interlineati
one becomes necessary. No particular form is prescribed ; but it should s
that the testator either signed it himself, or that another signed it by
request, or that he acknowledged the signature to be his in their presen
both being present together, and signed as witnesses in his presence. W
there are erasures, the attestation must declare that—The words *interli*
in the third line of page 4, and the erasure in the fifth line of page 6, hav
been first made. These are the acts necessary to make a properly-execu
will ; and, being simple in themselves and easily performed, they shoul
strictly complied with, and always attested.

2751. A witness may, on being requested, sign for testator ; and he
also sign for his fellow-witness, supposing he can only make his ma
declaring that he does so ; but a husband cannot sign for his wife, either
testator or witness, nor can a wife for her husband.



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